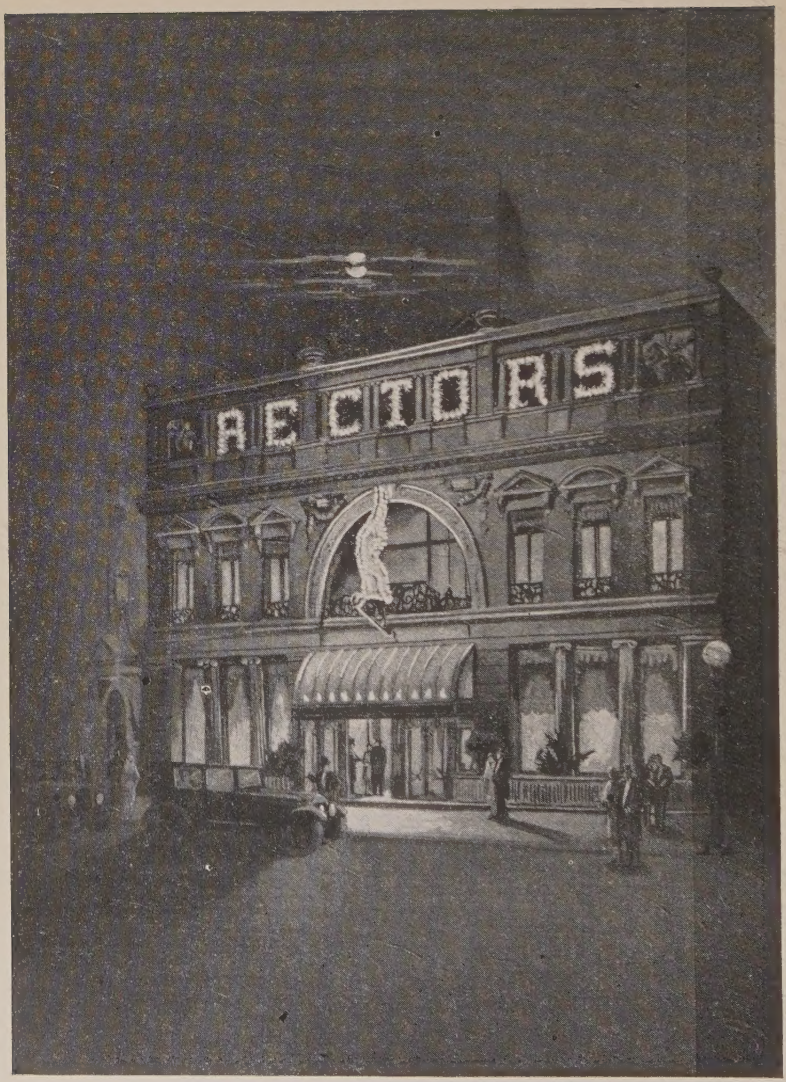
THE RECTOR COOK BOOK

BY

GEORGE RECTOR


ACTORS

The
Rector Cook Book

By George Rector
Restaurateur , *Author*
Member Societe des Cuisiniers de Paris

World Famous Recipes

Specialties from Noted Restaurants
including those mentioned in
"A Cook's Tour" and *"The Girl from Rector's"*
as appeared in
The Saturday Evening Post

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PREFACE

For almost a quarter of a century Rector's was the supreme court of triviality, where who's who went to learn what's what. It was the cathedral of froth, where New York chased the rainbow, and the butterfly netted the entomologist. It was the national museum of habits, the bourse of gossip, and the clearing house of rumors. No personal triumph was complete unless validated by an evening at Rector's, in much the same way that the conqueror exhibited the conquered in a procession through the arches of ancient and imperial Rome.

Champions, challengers, opera stars, explorers, captains of industry and lieutenants of sloth; gamblers, authors, and adventurers—all celebrated their temporary successes with a night at Rector's, and I know that Broadway did not really believe that Peary had discovered the Pole or Dewey defeated the Spanish fleet until it saw them both in my restaurant. My clientèle numbered the best and the greatest in the land, and was the incubator which hatched that man without a country, the head waiter.

But what an institution! There, hidden behind the palms and listening to the strains of a Russian symphony, one could forget—and two could be forgotten.

Wining and dining in the old days was more or less a major operation. And it was Rector's that introduced dancing with meals. If you hate lobster do not point the finger of anger at the ocean, for I must also balance that blame on my devoted head. I introduced the hard-boiled crustacean to the avenue of tinsel. If somewhere in your prewar memory there is a throbbing recollection of champagne and lobster fighting the internal struggle of indigestion, once again it was Rector's that blazed the way on the tungsten frontier when the wine agent roved the prairies in countless herds.

The champagne has gone long since, even though the labels will not down. The lobster and the supper dances still remain, much to the annoyance of the average individual who can eat a lobster but doesn't relish it as a partner in a dance. But I

do take exceptional pride in the fact that Rector's was the centre of the web spun by the benevolent spider of Manhattan in its efforts to snare the genius and ability of America.

Truly, New York is hated by some in much the same way that London must be hated by the rest of England, and Paris envied by rural France. For these capitals drain their native lands of the artist, the singer, and the writer, who all must come to dispose of their unique wares. And I catered to them all for many years.

When the wick of reminiscense is burning brightly in the oil of memory, I see O. Henry, Stephen Crane, Lillian Russell, Caruso, Oscar Hammerstein, Rex Beach, Montgomery and Stone, Eugene Field, Paul Armstrong, Tad, Diamond Jim Brady, David Graham Phillips, Stanford White.

Wilton Lackaye, one of our greatest actors, observed Berry Wall promenading into Rector's one evening and blinked at the superb assemblage of good taste. Berry was wearing a pearl derby, white vest, cutaway coat, and had a flower in his buttonhole. Wilton stared a minute and then said, in a dry manner that would make the Sahara Desert almost a lush meadow, "Add spats and stir with a cane." Lackaye is a wit who is not properly appreciated in America, which may be due to his refusal to resort to the vernacular. His command of English is so perfect that his victims often wonder what the crowd is laughing about. Wilton is the man who, having lost one of a valuable pair of cuff links in his club, hung up the remaining link on the club bulletin board over this notice: "Lost—The mate to this cuff link. Will buy or sell."

When you had Wilton Lackaye, William Collier, George Cohan, and Rennold Wolf all seated in a foursome in your restaurant, then you were a very happy host indeed, because here were four of the greatest wits the world ever knew. Money could not buy a reservation in Rector's at any time if a regular patron first put in a bid for the table. It was only recently at an Army and Navy Club dinner that Collier arose to speak after a dreary hour's lecture by an admiral, followed by an equally gloomy hour's eulogy by a general.

Collier's entire speech was: "Ladies or gentlemen, now I know what they mean by the Army and Navy forever."

Just a trifle longer than the famous speech delivered by the same Lackaye at a Tuesday-afternoon meeting of an amateur dramatic society. They had been trying to snare Lackaye for years, but he dreaded amateur theatricals. Finally, after many letters and many telephone calls, he consented to speak, provided that the meeting would not be of more than twenty or thirty minutes' duration. But when he actually showed up in person the chairman of the society was delighted and proceeded to paint the glories of Lackaye in all the colours of an oratorical rainbow clashing with the splendour of a Websterian aurora borealis. The speech went on, while the unfortunate Lackaye fidgeted in his chair. Finally, after two hours, when the chairman felt that the subject had been well done on both sides, he turned to Wilton and with a flourish said, "The guest of honor will now give us his address."

The guest of honor arose and said, "My address is the Lambs Club." And it was.

Another and more famous eater, but for different reasons, was Diamond Jim Brady. I can affirm and testify, after looking over the books of that dim era, that Diamond Jim was the best twenty-five customers we had!

You will probably recall him as the man who offered Hopkins—I mean the college and not the actress—one hundred thousand dollars in gold if the Hopkins surgeons could give him a new stomach—one from an elephant preferred. The Johns Hopkins surgeons could not perform the feat, but I understand that Diamond Jim left the hospital a magnificent sum for prolonging his life several years.

He was an odd character, and the first of the successful salesmen who utilized the bright lights of Broadway to promote the sale of his commodities. His name was derived from his jewelry, and when Diamond Jim had all his illumination in place, he looked like an excursion steamer at twilight. He had powerful diamonds in his shirt front that cast beams strong enough to sunburn an unwary pedestrian. He had

diamonds in his cuffs and actually wore diamond suspender buttons, fore and aft. The fore may have been good taste, but the aft were parvenu. He wore diamonds on his fingers and there was a rumor that he had diamond bridge work. His vest buttons also were precious stones, and I think that when remonstrated with for his excessive display of gems, Mr. Brady remarked, "Them as has 'em wears 'em."

Although his business life led him among the bright lights, Diamond Jim never smoked or drank. But how he ate! He loved to be surrounded by handsome men and beautiful women at the table, and it was no unusual thing for us to lay covers for eight or ten guests of Mr. Brady. If they all kept their appointments, fine! If but two or three were able to be present, fine! And if nobody showed up but Diamond Jim, fine! Mr. Brady proceeded gravely to eat the ten dinners himself.

It is possible to obtain some idea of his terrific capacity by his average menu under normal conditions. When I say he never drank, I mean intoxicating beverages. His favorite drink was orange juice. I knew just what he wanted, and before he appeared at the table I always commandeered the most enormous carafe in the house. This was filled to the brim with orange juice and cracked ice. He tossed that off without quivering a chin. It was immediately replaced with a duplicate carafe, to be followed by a third, and possibly a fourth before the dinner was over and the last waiter had fainted in the arms of an exhausted chef.

The next item was oysters. Mr. Brady was very fond of sea food. He would eat two or three dozen Lynnhaven oysters, each measuring six inches from tip to tail, if an oyster has either. Wilson Mizner, observing Diamond Jim eating oysters, "Jim likes his oysters sprinkled with clams." Observing the same diner from a near-by listening post, Mr. Mizner also continued his observations with "Jim likes his sirloin steaks smothered in veal cutlets."

After Diamond Jim had nibbled daintily on three dozen papa oysters, it would be an even bet that he would order another dozen or so just to relieve the monotony. Then would

follow a dozen hard-shell crabs, claws and all. There was no soup, which discounts Mizner's statement that Jim fanned the soup with his hat.

Diamond Jim was a gentleman, even though he did wear his napkin around his neck. But this was not due to lack of etiquette, but rather to the conformation of Mr. Brady's topography. A napkin on his knee would have been as inadequate as a doily under a bass drum. Diamond Jim's stomach started at his neck and swelled out in majestic proportions, gaining power and curve as it proceeded southward. Therefore the only place where a napkin would have done him any good was around his neck. And there he wore it. It looked like a bookmark in a tome of chins.

And here I have a confession to make. In spite of the foreign atmosphere and elaborate French menu, the Rector family was intensely American. My grandfather founded the famous Frontier House at Lewiston, on the Niagara River, in 1845. Here, under the sign of the griffin, which was to be our family trade-mark almost a century later on Broadway, he served the French, English, American, and Indian woodsmen and trappers. Then he moved to Lockport on the Erie Canal, and it was in this little town that my father was born in the second Rector hotel, *"as appeared in The Saturday Evening Post under the title, 'The Girl From Rector's'."*

HORS D'OEUVRES

Hors d'Oeuvres offer plenty of scope for originality of treatment and should have a touch of artistry about them. Served as the first course of luncheon or dinner they should be pleasing to the eye and stimulating to the appetite. Anchovies, shrimps, caviare, herring, smoked salmon, tuna fish and sardines are some of the most popular fish to select from. All vegetables lend themselves to hors d'Oeuvre combinations when combined with either French or mayonnaise dressing. Stuffed eggs are always included in hors d'Oeuvres. Thin slices of Westphalian ham, Virginia ham or Salami may also be introduced as an hors d'Oeuvre. Antipasto which is packed in olive oil and imported from Italy is ready to serve.

Stuffed Celery à la Rector

Separate a head of celery into stalks and select 6 of the medium sized pieces to be filled with the following mixture: Mash one-quarter of a pound of Roquefort cheese in mortar with 2 pats of butter, 1 tablespoon of freshly grated horseradish, a dash of Worcestershire sauce and ⅓ teaspoon of paprika. Fill the celery stalks by squeezing mixture through a pastry tube. If a pastry tube isn't available make a cornicopia of heavy glazed paper and squeeze mixture through the small open end.

Ripe Olives, California Style

Ripe olives may be purchased in glass jars or cans. The quality is the same but the canned product is less expensive. Open olive can or jar and drain off the liquid. Into a pint size mason jar add 2 or 3 slices of lemon, 4 cloves of garlic, peeled and cut in half, ½ cup of olive oil and the drained olives. Cover tightly and turn jar upside down a few times so oil can cover olives. Set in the refrigerator to chill and let stand over night.

Salted Almonds

Scald ½ pound of Jordan almonds with boiling water and let stand 2 minutes. Drain and plunge them into cold water and rub off the skins. Dry on a soft towel or napkin. Heat ⅓ cup of olive oil in a small saucepan. When hot, put in one

quarter of the blanched almonds and fry until lightly browned stirring to obtain an even color. Remove with skimmer and drain on unglazed brown paper. Sprinkle with salt and proceed with the same method until all the almonds are browned.

Anchovies in Olive Oil

Purchase anchovies packed in salt and allow to soak for one hour in tarragon vinegar. Then pick them out of the vinegar (one at a time) and hold under the cold water hydrant to wash off salt and any small bits of bone or fin adhering to the fish. Place on a small dish and add just enough olive oil to moisten. Add a few capers also.

Caviar on Toast

Slice bread half an inch thick, cut into rounds with biscuit cutter and toast. Spread lightly with fresh butter and then with caviar taking care not to have the caviar come down on the sides. Decorate the outer edge with yoke of egg chopped fine and serve with quartered lemon and chopped raw onion.

Grilled Sardines à la Seville

Select a large sardine for this purpose. Drain off the oil and heat both sides of the sardine in a frying pay. Handle them carefully when turning them in the pan. Cut the bread the same size as the Sardine and toast to a light brown. Dip toasted pieces in olive oil and spread each piece with anchovy paste that has been mixed with a little finely minced parsley. Place one sardine on each piece of toast and return to the oven to heat. Serve with lemon butter.

Anchovies on Toast

Drain off the oil from the anchovies. Chop them finely and then pound to a paste, mix with a little finely chopped chives, chopped parsley, chopped shallots and add a little of the oil to obtain a smooth mixture. Cut stale bread in oblong shape and toast. Spread with the anchovy mixture and place one whole rolled anchovy in the center of each piece of toast. Return to the oven to heat and serve with lemon juice.

Shrimps, Mexican

Drop 1 pound of fresh shrimps in boiling salted water and cook for 20 minutes. When cool remove shells and set aside to

chill. Peel 2 large ripe tomatoes and chop them fine. Also finely chop 1 heart of celery. Combine shrimps, chopped tomatoes and celery. Season highly with ¼ teaspoon cayenne pepper and ½ teaspoon of salt. Add mayonnaise dressing and mix well. Serve cold.

Canapé of Crabmeat, Rector

For six persons purchase one pound of fresh crabmeat. Mix crabmeat with two cupfuls of rich cream sauce and add one tablespoonful each of finely chopped green pepper and pimiento. Season with salt, cayenne pepper and ½ teaspoon of curry powder. Make round pieces of toast about three inches in diameter and build the creamed crabmeat on the toast keeping the center high—sprinkle over with grated Parmesan cheese, dot with butter and place in a hot oven for ten minutes to brown.

Eggs, Clichy

Cook string beans (split lengthwise) in boiling salted water until tender. Drain, when cool marinate in French dressing. Cover with thin slices of hard-boiled eggs (cut eggs with wire egg cutter) and pour Russian dressing over all.

Stuffed Eggs

Cut in halves lengthwise, cold hard-boiled eggs. Scrape yolks into a bowl and work them to a paste with a little cream and finely minced parsley. Season to taste with salt, pepper and a few grains of cayenne. Fill egg whites with mixture and cover with mayonnaise.

Eggs à la Russe

Cut hard-boiled eggs in halves, lengthwise. Scrape out the yolks and carefully fill the white part with caviar. Finely chop the egg yolks and use as a decoration by placing a border between caviar and white part of egg. Cross 2 thin strips of anchovies on top.

Stuffed Eggs, Rector

This is a very delicious cold egg dish and while the original recipe calls for paté de fois gras, I wish to tell my readers who cannot indulge in this luxury to substitute a very good quality of liverwurst.

Cut six hard-boiled eggs in halves, lengthwise. Scrape the yolks into a mixing bowl; mash them, season with pepper, salt, and add a little cream and about an equal amount of paté de fois gras. When thoroughly mixed refill the egg whites with the mixture and place each egg on a small piece of crisp lettuce. Cover with Russian dressing and serve cold.

Tomato and Sardine Appetizer

Mix together ¼ cup of olive oil, 2 tablespoons vinegar and ¼ teaspoon paprika. Remove scales and bones from 6 sardines and tear them into small pieces. Add sardines to oil mixture and pour over sliced ripe tomatoes, which have been arranged on crisp lettuce leaves.

Tomatoes, Falisse

Select large ripe tomatoes of uniform size. Cover with boiling water for one minute—drain, hold under cold water and carefully remove the tomato skin. Cut in halves crosswise. Scoop out seeds and soft pulp and invert hollowed halves to drain while you prepare the Falisse mixture. Finely chop 2 hard-boiled eggs and 6 ripe olives together. Then add 1 tablespoon of anchovy paste and mix all together. Carefully spread a layer of this mixture in each tomato and place a cold poached egg on top. Cover each tomato with thin horseradish mayonnaise and decorate the top with thin strips of smoked salmon.

Horseradish Mayonnaise

Thin 1 cup of thick mayonnaise with ⅓ cup of heavy cream. Add ½ tablespoon of freshly grated horseradish.

Mushroom Stems

Save the stems of the mushrooms for this appetizing dish. Scrape the stems and split them in half if large and leave the small ones whole. Fry them in butter until cooked—then set aside to cool. Now marinate them in French dressing, and if one likes the flavor of garlic I would suggest rubbing the bowl with a clove of garlic before making the French dressing. Sprinkle finely chopped parsley over mushrooms.

Deviled Cheese Crisps

Cream ¼ cup of butter with ½ teaspoon of mustard. Add 1 small snappy cheese and work it into the mustard butter until thoroughly blended and smooth. Cut bread in thin slices and spread with cheese mixture. Cut each slice into 4 strips and place in a hot oven to toast.

Cheese Snack

Make one cupful of rich white sauce and add one cupful grated American cheese. When well mixed add two egg yolks beaten lightly and remove from fire—then add the whites of egg beaten stiff. Cover oblong pieces of toast with this mixture and place on grill under broiler to brown off. Sprinkle with paprika and serve immediately.

Cold Slaw, Mayonnaise Dressing

Two cups of finely shredded cabbage, ½ cup shredded green pepper, one stalk of celery, finely sliced and a slight grating of onion. Mix the vegetables together in a large bowl—season with salt and a few grains of cayenne pepper and moisten with ½ cup of mayonnaise. Toss around with a large salad spoon and fork until the vegetables have completely absorbed the dressing. Decorate the top with a dash of paprika.

Hot Slaw

Finely shred 3 cups of cabbage. Make a hot slaw salad dressing as follows: Mix together 2 level tablespoons flour, 2 level tablespoons sugar, ½ teaspoon salt and ½ teaspoon mustard. Add to dry ingredients 2 egg yolks which have been beaten with ¼ cup vinegar and ¾ cup milk. Cook in top of double boiler until thick, creamy and smooth. Then add 2 tablespoons of butter and beat until butter is blended in. Add the shredded cabbage and cook for several minutes. Season to taste with additional salt and serve while hot.

Cold Slaw, Sour Cream Dressing

Season 3 cups finely shredded cabbage with 1 teaspoon salt, ¼ teaspoon celery salt and ¼ teaspoon paprika. Make sour cream dressing as follows: Beat 1 cup cold sour cream until thick, add ⅓ cup vinegar, ⅓ cup sugar, ½ teaspoon salt and

¼ teaspoon paprika and continue to beat 2 or 3 minutes longer. Mix shredded cabbage with dressing and serve cold.

Bismarck Salad

Finely shred 1 small heart of lettuce and 1 stalk of celery. Grate ½ cup of raw carrot and thinly slice 1 Bismarck herring. Combine all together and moisten with ⅓ cup of French dressing and 2 tablespoons of chili sauce. Toss lightly with salad fork and spoon until salad is thoroughly mixed with dressing. Have lettuce and celery crisp and cold before cutting.

Fish Salad Aspic

Canned salmon, tuna fish or crabmeat may be used in this recipe. However, be sure the fish is carefully gone over to remove small bones or shell. Soak 1 level tablespoon of gelatine in ¼ cup cold water five minutes—then add it to ¾ cup HOT boiled salad dressing. Cool and add 1 cup flaked fish to salad dressing, also ½ cup chopped celery, ½ green pepper, finely chopped, 2 tablespoons chopped olives, ½ teaspoon salt, ¼ teaspoon paprika, a few grains cayenne and 2 teaspoons vinegar. Mix thoroughly and turn into a wet fish mold to chill. Unmold, garnish with watercress and thinly sliced cucumbers, marinated in French dressing. I specified fish mold because the aspic will be more attractive when turned out, but if you haven't one use any shape mold.

Stuffed Tomatoes à la Rector

Select 6 tomatoes of uniform size. Scald them with boiling hot water and immediately plunge them into cold water and with a small sharp knife remove the entire skin. Place them on a cutting board (stem end downward) and carefully cut a thin slice from the rounded end. Lay the slice to one side and scoop out the center of the tomato. Fill tomatoes with Crab Meat Ravigote (see page 35) and place rounded slice on top to form a cap. Arrange tomatoes on a platter and pour a thin coating of mayonnaise over each one. Garnish with sprigs of parsley.

SOUPS

The French are noted for making many different kinds of substantial nourishing soup and at very little cost. Economy teaches them to utilize all the outer leaves and stalks of the vegetable kingdom for the soup pot. There is no waste from the average French kitchen and I believe the reason for this is due to the fact that the pot-au-feu is always in evidence to receive wholesome bits of food that might otherwise be thrown away. There are many kinds of soup but the main thing to remember is that they must be appetizing and of good flavor. Soup plates or cups should be heated before the hot soup is poured in as it is most important that hot soups should be served HOT. The cold or jellied bouillons should be served COLD.

Consommé

- 3 lb. fowl
- 3 lb. knuckle of veal
- 2 lbs. bottom round and marrow bone
- 6 quarts cold water
- 3 sprigs parsley
- 2 sprigs marjoram
- 2 sprigs thyme
- ½ bay leaf
- 3 cloves
- 10 peppercorns
- 1 tablespoon salt
- 1 medium sized onion, sliced
- ½ cup carrots, diced
- ½ cup celery and leaves, sliced

Have fowl drawn but do not cut it up. Cut veal and beef into small pieces. Put whole fowl and veal in soup kettle. Cover with cold water and let stand while you prepare the beef. Scrape the marrow from bones into hot frying pan, add cut of beef and brown on all sides. Add browned beef and bones to soup kettle and bring very slowly to the boiling point. Reduce heat to minimum and simmer 5 hours. Add vegetables and seasonings and simmer 2 hours longer. Strain, cool, remove fat and clear with white of egg before serving. Fowl may be used for chicken salad or sandwiches.

Consommé Alfredo

Into each plate of consommé add 1 poached egg and sprinkle top with grated Parmesan cheese.

Consommé Royal

Into each plate of consommé add 8 or 10 cubes of egg custard cut ¼ inch square. Egg custard to be made as follows: Slightly beat the yolks of 3 eggs, add ⅓ cup consommé, few grains salt and few grains of nutmeg. Pour into small buttered cup, place in pan of hot water and bake till firm. Remove from cup and slice custard into ¼ inch cubes.

Petite Marmite

Into each plate of consommé add 2 pieces of beef, 2 pieces of veal and 1 piece of chicken wing. Slice a club roll in ¼ inch pieces, toast, and add 3 or 4 pieces of toasted roll to each portion of soup. Sprinkle over with grated Parmesan cheese.

Brown Soup Stock

5 lbs. shin of beef and marrow bone
3 to 5 quarts of cold water
3 sprigs parsley
2 sprigs marjoram
1 small bay leaf
⅓ cup sliced onion
½ cup diced carrot
½ cup diced celery and leaves
10 peppercorns
1 tablespoon salt

Cut meat into small pieces. Put ½ in the soup kettle, add cold water and let it stand while the remaining half is being prepared. Scrape marrow from bones and melt it in a large iron frying pan. When hot add remaining half of meat and brown nicely on all sides. Add browned meat and bones to soup kettle and bring very slowly to the boiling point. Reduce heat to minimum and simmer for 5 hours. Add vegetables and seasonings and cook 2 hours longer. Strain, and keep in cool place until wanted.

White Soup Stock

Purchase a veal knuckle weighing about 4 pounds. Wipe it with a damp cloth and place it in a kettle with 5 pints of cold water, 1 tablespoon salt, 10 peppercorns, 3 stalks of celery and leaves, 1 onion, 2 sprigs of parsley, 1 sliced carrot and 1 blade of mace. Bring very gradually to the boiling point as this method extracts the meat juices and essence from the bone. Cover kettle closely and simmer for 5 hours. Skim the stock occasionally to remove scum which rises to the top.

Strain thru double thickness of cheesecloth and now we have a clear white soup stock. A 4 pound fowl may be substituted for the veal knuckle as white soup stock can be made from either chicken or veal.

Philadelphia Pepper Pot

Cut 4 slices of bacon into dice and fry to a golden brown. Add 1 onion finely chopped and 1 chopped green pepper and cook gently for 5 minutes. Then add 2 quarts of white soup stock and 1 pound of tripe which has been thoroughly washed and shredded. Season with ½ teaspoon salt, ½ teaspoon of coarsely ground pepper, (use small pepper mill or pound peppercorns until finely crushed) and bring to the boiling point. Then add 1 cup of small diced potatoes and simmer for 1 hour. Thicken with 2 tablespoons of flour which has been creamed with 2 tablespoons of butter. Just before serving add ½ cup of heavy cream.

Onion Soup au Gratin

1 quart beef broth or consomme
4 large onions
2 tablespoons butter
1 teaspoon Worchestershire sauce
½ teaspoon salt
⅛ teaspoon pepper
2 club rolls (split and toasted)
Grated Parmesan cheese

Slice onions thin and brown in butter. Add more butter if necessary to keep them moist while cooking. When onions are tender add the beef broth, Worchestershire sauce, salt and pepper. Bring to the boiling point—arrange the toasted rolls on top; sprinkle over with grated Parmesan cheese and place under broiler flame to melt and brown cheese. A marmite is the proper utensil to serve onion soup in and if you decide to have onion soup often then I would advise you to purchase one of these earthen dishes.

Russian Borsch

Borsch is the national soup of Russia and I might add that there are many peasants in Russia who subsist entirely on borsch and black bread. The peasant recipe is an economical one to be sure as it is only chopped beets cooked in beef stock. The borsch that I served for many years was made in the

following manner: Select a Long Island duck and have it drawn for roasting but do not stuff it. Place it in a very hot oven to brown but do not cook it. Remove duck from oven and put it in a large soup pot with cold water to cover. Boil slowly for several hours. Now remove the duck from stock and grate about ten cooked beets into the stock. Season with salt and a little onion juice scraped from an onion. Allow to boil for several minutes then strain thru a very fine seive. Clarify with white of an egg and like all soups must be served piping hot. A bowl of sour cream is passed at the table and a small ladle full is dropped into each soup plate.

Cream of Mushroom Soup

½ pound mushrooms
4 cups white stock
3 tablespoons butter
2 tablespoons flour
½ cup cream
Lemon Rind

Wash mushrooms. Chop or slice them into small pieces. Cook them 20 minutes with white stock. Strain stock into another saucepan, rub mushrooms through a seive into the stock. Reheat, thicken with butter and flour creamed together. Stir until perfectly smooth, then add cream and season with salt and pepper. Rub the soup plates or cups with lemon rind as this will impart a delightful flavor.

Ox Tail Soup

Purchase one ox tail and have the butcher slice it in pieces ½ inch thick. Wash the pieces and drain on a clean towel—season with salt and pepper and dredge with flour. Fry the pieces of ox tail in fat, turning and browning all sides, then add three pints of beef stock to the pan and simmer for one hour. Then add ½ cup diced carrots, ½ cup sliced or diced turnip, ½ cup chopped onion and ½ cup diced celery. Cook fifteen or twenty minutes longer until vegetables are tender then season with salt and a few grains of cayenne pepper, one teaspoon strained lemon juice, and one teaspoon of Worcestershire sauce. If there is sherry in the house add one tablespoonful to the soup just before serving.

Mulligatawny Soup

Why not Mulligatawny soup more often in the home? It is not difficult to make and every well stocked pantry should

contain the ingredients for it. It is especially appetizing during the cold weather so let our imagination soar beyond the commonplace and have this delicious soup more often.

One onion; one carrot; ½ cupful diced celery and tops; a sprig of parsley; blade of mace; two cloves; one apple or a stalk of rhubarb; one teaspoonful meat extract; ½ cupful fat; ½ cupful flour; one dessertspoonful curry powder; one quart of stock (white or brown); salt; and one teaspoonful lemon juice. Wash, peel and cut the vegetables and apple into dice, melt the fat and fry the vegetables until brown,—stirring them often. Add the flour and curry powder and fry for several minutes, remove from the fire and add the stock gradually, mixing the flour smoothly before adding all the stock. Bring to a boil stirring all the time. Now add the apple, meat extract and a little salt. Simmer gently ¾ hour in the covered pan, stirring ocassionally. When the vegetables are soft the soup is finished cooking so remove from fire and add the lemon juice and more salt if necessary. If the soup is too thick thin out with a little stock.

Chicken Gumbo

6 cups chicken stock
½ cup sliced okra
½ cup diced chicken (white meat only)
1 cup canned tomatoes
¼ cup diced cooked ham
¼ cup cooked rice
Salt and pepper

Slice okra in ¼ inch slices; add to chicken stock and cook 20 minutes. Add tomato pulp which has been cut up and seeds removed, diced white meat, diced cooked ham and rice. Bring to a boil. Add seasonings to taste and serve.

Rhode Island Clam Chowder

4 cups clams
4 cups diced potato
½ cup diced salt pork
1 chopped onion
2 cups boiling water
1 cup tomato pulp
¼ teaspoon soda
1½ cups scalded milk
2 tablespoons butter
½ cup cream
Salt and pepper
Few Caraway seets (Optional)

Wash clams, remove hard part and chop finely. Parboil potatoes and drain. Cook chopped onion and salt pork over

low fire for 15 minutes. Arrange clams, parboiled potatoes, cooked salt pork and onion in layers in saucepan. Cover with 2 cups boiling water, reserved strained clam liquor and cook until potatoes are tender. Then add tomato pulp, soda, milk, butter and cream. Add seasonings and serve with Pilot crackers.

New England Fish Chowder

Fresh haddock or cod can be used in this recipe and since both these fish are to be had the year around we can have this delightful chowder any time we desire it. Purchase 3 to 4 pounds of haddock or cod. Have butcher remove skin and bone and cut the fish into chunks about the size of a small egg. Pare and thinly slice 4 or 5 medium sized potatoes and place them in cold water until you are ready to use them in the chowder. Cut 2 slices of salt pork into dice and slowly fry out in chowder kettle until all the fat is extracted. Remove diced pork and add 1 large sliced onion and fry slowly for five minutes. Now place a layer of fish in the kettle and lay the sliced potatoes on top. Season with a very little salt and pepper and add enough cold water to cover. Bring slowly to boiling point and SIMMER until potatoes are cooked. Make a roux of 2 tablespoons of butter and 2 tablespoons of flour and gradually add 3 cups of rich milk to it. Add thickened milk to fish and potatoes and bring to the boiling point. Remove from fire and add a few chowder crackers. Serve immediately.

Bisque of Clam

2 quarts clams (in shell)
½ cup cold water
2½ cups hot water
3 tablespoons butter
3 tablespoons flour
1 cup cream
¼ teaspoon salt
Few grains paprika

Wash clams in several changes of water to remove sand. Put in kettle, add cold water, cover tightly and steam until shells are opened. Strain liquor through cheesecloth, add hot water. Melt butter, blend in flour and gradually add hot clam liquor. Bring to boiling point and cook gently 15 minutes. Stir in hot cream, add salt. Serve in cups or plates and sprinkle a few grains of paprika on each portion.

Bisque of Salmon

2 cups cooked salmon
1 cup canned tomatoes
1 small onion, finely chopped
1 tablespoon chopped parsley
2 cups water
⅛ teaspoon baking soda
5 tablespoons butter
4 tablespoons flour
3 cups milk
Salt and pepper

Drain oil from can of salmon, place in saucepan with tomatoes, onion, parsley and water. Simmer slowly 20 minutes. Add baking soda. Thicken with butter, flour and milk blended together. Season to taste with salt and pepper. Strain into hot soup plates.

Soups Without Stock

These delicious soups have become very popular lately. They are perhaps best known as creamed soups which means that they are made from a vegetable base and combined with milk, butter and flour. They are nutritious and appetizing and help solve the problem of introducing milk into the diet.

Split Pea Soup

2 cups split peas
2 quarts cold water
1 small onion, finely chopped
½ small bay leaf
2 cups milk
4 tablespoons butter
1 teaspoon salt
Few grains pepper
Finely chopped mint (optional)

Wash peas and soak in water with onion and bay leaf over night. Next morning cook gently for 2 to 3 hours or until peas are soft enough to seive. Rub through a coarse seive; add milk, butter, salt and pepper. Reheat. Sprinkle each portion with finely chopped mint.

Tomato Bouillon

3 cups strained tomato juice
½ small bay leaf
1 small onion, finely sliced
2 whole cloves
1 tablespoon butter
¼ teaspoon salt
Few grains pepper
Few grains celery salt
Whipped cream

Cook tomato juice, bayleaf, onion and clove to boiling point and let simmer for 5 minutes. Strain; add butter and seasonings and top each cup with a spoonful of whipped cream.

Beet Soup

2 bunches new beets
½ cup chopped celery
1 teaspoon salt
2 cups cold water
1 cup milk
½ cup cream
2 tablespoons butter
1 tablespoon flour

Scrub beets until perfectly clean. Grate them into a saucepan and add chopped celery, salt and cold water. Boil gently for 10 or 12 minutes. Force through a seive, add milk and cream. Reheat, and thicken with butter and flour creamed together.

Cream of Lima Bean

2 cups dried lima beans
6 cups cold water
½ small bay leaf
1 small onion
4 tablespoons butter
2 tablespoons flour
2 cups milk
1 cup cream
1 teaspoon salt
⅛ teaspoon pepper

Wash beans and soak overnight in cold water. In the morning add bay leaf and onion and bring to boiling point. Boil gently for one to one and one-half hours. Rub through a seive, add milk, cream, and seasonings. Bring to boiling point and thicken with butter and flour creamed together.

Purée of Tomato Soup

Open a quart can of tomatoes and pour contents into a saucepan. Add 2 cups of water, 1 scant tablespoon sugar, 1 small bay leaf, 10 peppercorns, 4 whole cloves and 1 slice of onion. Bring to a boil, . . . cover saucepan and simmer slowly for twenty minutes. Strain and season with 1 scant teaspoon salt. Melt 3 tablespoons butter and blend in 3 tablespoons of flour until perfectly smooth. Then gradually add the strained tomato liquid to the butter and flour and bring to a boil. Serve with croutons.

Purée of Pea Soup

Pick over 1 pint of dried peas and soak over night in cold water. Drain and put them in a saucepan with 2½ quarts of cold water, ½ onion, a few celery leaves and ¼ pound of salt pork. A small ham bone may be used instead of the salt pork. Bring slowly to a boil and simmer until peas are soft

enough to rub through a sieve . . . about 3 or 4 hours. Rub peas through a seive and add the purée to 3 tablespoons butter that has been melted and blended with 3 tablespoons of flour. Season with salt and pepper and dilute to proper consistency with rich milk. Always add a few fresh green peas to a purée of pea soup.

Mongole Soup

Mongole Soup is made from equal portions of purée of tomato and purée of pea, carrot, white turnip and leek cut en Julienne.

Cut carrots, white turnips and leek in Julienne slices and cook in boiling salted water until tender, also cook a few green peas (fresh) in a separate saucepan. The peas will take a little longer to cook so start them in advance of the vegetables en Julienne. Combine equal portions of purée of tomato with purée of pea and as mongole soup is to be served rather thick it may be necessary to thicken with roux (melted butter and flour). The method, of course, is to add the mongole soup gradually to the roux and stir until perfectly smooth. Bring to a boil and add the cooked vegetables.

Potato Soup

4 medium sized potatoes
4 cups milk
1 small onion, sliced
3 tablespoons butter
2 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
Finely chopped parsley

Wash and pare potatoes. Cut into small pieces and cook in boiling salted water 20 minutes or until potatoes are soft. Scald milk with sliced onion, remove onion, and add milk to potatoes which have been rubbed through a seive of a potato ricer. Season with salt, pepper and cayenne. Thicken with butter and flour creamed together. Let boil 2 minutes. Pour into a hot soup tureen and sprinkle finely chopped parsley on top.

Cream of Onion

4 cups milk
2 cups sliced white onions
2 tablespoons butter
2 tablespoons flour
Few grains cayenne
Salt

Cook sliced onions in milk 25 or 30 minutes. Strain and rub through a seive. Thicken with butter and flour blended together. Add seasoning.

Cream of Corn

2 cups milk
1 slice onion
1 can corn
2 cups water
2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper

Scald milk with onion. Add water to corn and simmer 20 minutes. Rub corn through a coarse seive. Remove onion from milk. Add milk to seived corn. Thicken with butter and flour creamed together. Add seasonings.

Jellied Chicken Consommé

2 level tablespoons sparkling gelatine
½ cup cold water
1 quart chicken consommé
Salt and pepper

Soak gelatine in cold water 5 minutes, add hot consummé and season. Pour into a mold which has been rinsed in cold water. Chill. Unmold, beat slightly and serve in cold bouillon cups.

Jellied Tomato Bouillon

2 level tablespoons sparkling gelatine
½ cup cold water
2 cups strained tomato juice
2 cups white stock, clarified
Piece of lemon rind
Few grains cayenne
Slight grating onion

Soak gelatine in cold water 5 minutes. Heat tomato juice, white stock, lemon rind and add seasonings to taste. Season highly as chilled or frozen mixtures require more seasonings than when served hot. Add soaked gelatine to hot stock and stir till dissolved. Strain, turn into wet mold and chill. Unmold, beat slightly and serve in cold bouillon cups.

Jellied Madrilene

2 level tablespoons sparkling gelatine
½ cup cold water
1 cup strong brown stock (clarified)
3 cups strained tomato juice
Few grains cayenne
Salt
Pepper
Slight grating onion

Soak gelatine in cold water 5 minutes. Heat brown stock and tomato juice. Add seasonings to taste. Add soaked gelatine to hot stock and stir till dissolved, strain, turn into wet mold and chill. Unmold, beat slightly and serve in cold bouillon cups.

Minestrone à la Genovese

3 potatoes, diced
¼ head cabbage, shredded
1 pt. string beans, cut 1 inch long
1 cup dry beans, soaked overnight
1 cup fresh or canned peas
½ pound noodles, rice or spaghetti
4 or 5 qts. water
1 tablespoon salt

Add salt to water and when boiling add string beans. Let boil 10 minutes then add balance of ingredients and let cook until all are tender. If the soup thickens too much add more water; if too thin take enough water out to make of right consistency; this is to be done before adding the Pesto.

Pesto

3 tablespoons butter
3 tablespoons olive oil
3 tablespoon grated Parmesan cheese
2 tablespoon parsley, finely chopped
1 small clove of garlic, finely chopped
Salt and pepper to taste
¼ cup cream

Cream butter; add all ingredients, leaving cream to be added last. Stir Pesto into soup and let boil 5 minutes. Serve with additional grated Parmesan cheese. Minestrone is much better the second day or if allowed to stand and reheated. The soup, as the Genovese make it has basil in place of parsley.

FISH AND SHELLFISH

Would it interest you to know why the food served in Rector's was so wonderful? It all simmers down to quality plus proper methods of preparing it. Inferior food or food substitutes could never find their way into our kitchen. The butter that was used in the kitchen was the same fine quality as that served to the patrons in the dining room. The English sole was shipped to us from England . . . . alive and swimming in tanks of salt water. Fresh live lobsters were shipped daily from Maine . . . . direct to us. Selected crab flake was shipped to us from Baltimore and when I say "selected" I mean just that. In every crab there are two large flakes of crab meat taken from the center part of the crab. These large flakes were purchased by us and the balance of the crab was sold elsewhere at a cheaper price. So it was with everything that came into our establishment. Quality with a capital Q.

Cocktail Sauce for Shellfish

¾ cup tomato catsup
¼ cup grated horseradish
1 tablespoon Worcestershire sauce
2 tablespoons strained lemon juice
10 drops tabasco sauce
¼ teaspoon salt

Mix ingredients together and serve in small cocktail glasses.

Oyster Cocktail

Serve 6 oysters on the half shell to each portion. Arrange them on a bed of finely chopped ice. Garnish each plate with 1 sprig of parsley and 1 piece of lemon.

Clam Cocktail

Follow directions for oyster cocktail.

Oysters Casino

Rector's restaurant for almost half a century specialized in the bivalve. Perhaps one of the tastiest oyster dishes I know of is one we had listed as Oysters Casino. Particularly nice for luncheon or late supper.

Select large fresh oysters for this recipe. Arrange oysters on the half shell in a shallow baking pan. Season with salt, cayenne pepper and a little paprika. On each oyster place a

piece of sliced bacon that is about the size of the oyster, one pinch of finely chopped green pepper, one pinch of chopped pimento and a few bits of fresh butter. Now broil under moderate flame until cooked. Bacon will cook first so when both sides are broiled remove to a hot dish while oysters cook a little longer. About ten minutes should cook the oysters and peppers. Keep oysters moist by adding a little butter or oyster liquor while cooking. Serve in the shells and garnish each oyster with the small piece of broiled bacon and a tiny sprig of parsley.

Deviled Oysters

Make a thick sauce of 3 tablespoons of melted butter blended with 3 tablespoons of flour and gradually add ¾ cup milk. Remove from fire and add 1 slightly beaten egg yolk, ¼ teaspoon salt, a few grains of cayenne, 1 teaspoon dry mustard, 1 teaspoon finely chopped parsley and 1 teaspoon lemon juice. To the sauce add 1 pint of oysters that have been drained from their liquor and slightly chopped. Fill large buttered oyster shells with the mixture and cover over with buttered crumbs. Bake 15 minutes in a hot oven.

Oyster Stew

Allow 8 medium sized oysters for each portion. Place them in a small saucepan with ¼ cup strained oyster liquor. Season with salt and a pinch of cayenne, and bring to a quick boil. Boil 1 minute. Skim top and add 1 cup hot milk and ½ cup cream. Bring to a boil, remove from fire, add 1 tablespoon fresh butter and pour it into a soup tureen. Sprinkle top with paprika and serve with oyster crackers.

Oysters, Pan Roast

Poach the oysters in a saucepan in their own liquor. Season with salt and cayenne and bring to a quick boil. Boil 1 minute, add several small pieces of butter and cook 1 minute longer. Arrange oysters on freshly made toast and add a few drops of Worcestershire sauce to oyster liquor and pour over oysters. Sprinkle top with finely chopped parsley.

Fried Oysters, Rector

Allow 6 or 8 medium sized oysters for each portion. Drain, reserve liquor, season with salt and a few grains of cayenne.

Roll in cracker meal and dip in egg beaten with 2 tablespoons strained oyster liquor, 1 teaspoon Worcestershire and ½ teaspoon English mustard. Then roll in bread crumbs mixed with an equal quantity of finely shredded crabmeat. Fry in clarified butter until nicely browned. Arrange on a hot platter and garnish with parsley and quartered lemon.

Broiled Oysters, Celery Sauce

Follow directions for fried oysters, Rector. Garnish with celery sauce and triangles of fresh toast. See index for celery sauce.

Baked Oysters, Longchamps

Cook in butter until lightly browned 4 chopped shallots. Add 12 medium sized oysters and moisten with 2 tablespoons of sherry. Cook gently for 5 minutes. Sprinkle with 1 teaspoon of finely chopped parsley and season with a little salt and a few grains of cayenne. Add ½ cup cream sauce and ¼ cup finely chopped mushrooms, and pour into a buttered baking dish. Sprinkle top with bread crumbs and dot with small pieces of butter. Place in moderate oven until nicely browned.

Baked Oysters, Rector

One dozen medium sized oysters opened on the half shell. Season with paprika and sprinkle a pinch of grated horseradish over each one. To ½ cup fresh bread crumbs add 2 tablespoons grated Parmesan cheese and 2 tablespoons grated Swiss cheese. Mix thoroughly and cover each oyster with prepared crumbs. Dot with butter and bake in a moderate oven until nicely browned. Garnish with sprigs of parsley and quartered lemon.

Oysters Poulette

Poach 12 oysters in their own liquor 5 minutes. Remove oysters with skimmer to hot serving dish. Add ½ cup cream sauce to oyster liquor and reduce by cooking over moderate flame for several minutes. Season with salt, a few grains of cayenne and a few grains of nutmeg. Thicken with 2 egg yolks, slightly beaten with 1 tablespoon of cream. Bring to a boil, remove from fire, add 1 tablespoon of butter and 1 tea-

spoon of strained lemon juice. Add ¼ cup sliced mushrooms and pour sauce over poached oysters.

Broiled Oysters on Toast

Select large oysters and place on towel to dry. Season lightly with salt, pepper and a few grains of cayenne. Dip in flour and place in shallow pan for broiling. Dot each oyster with butter and cook under moderate flame until browned. Keep oysters moist by basting with the melted butter. When cooked place 5 oysters on a strip of toast (cut the toast to hold just 5 oysters) and add a piece of butter to pan oysters were cooked in, as the essence of the oysters is in the pan and by adding a piece of butter and mixing well a delicious sauce is made. Pour a little sauce over each portion and garnish with parsley and lemon.

Oysters Sauté

During the winter months oysters are at their best . . . . they are fat and plump and have a delicious flavor. Most of our dinner patrons would start their evening meal with oysters on the half shell with a cocktail sauce. In looking over a number of my old recipes I find many ways of preparing oysters. My father, Charles Rector, prepared oysters at the table in a chafing dish in a most delicious manner.

Select small oysters for this recipe . . . . about two dozen. Lift them out of the oyster liquor and dry on a clean towel or napkin. Season with salt, pepper and a few grains of cayenne. Dip each oyster in flour and brown on both sides in hot butter in the chafing dish. When the oysters are cooked lay them on freshly made thin toast. To the butter that remains in the chafing dish add one teaspoon of Worcestershire sauce and an additional piece of butter . . . . mix these two ingredients well and pour over the oysters which have been arranged on the toast. Lastly sprinkle a little finely chopped parsley over them and serve.

Oyster and Scallop Fricassee

If the scallops are small they need not be cut, otherwise cut them in halves or quarters. To one cup of scallops add one dozen oysters . . . . bring to a boil in the strained oyster liquor and allow to boil for three minutes. Remove oysters and scallops from liquor and add thin cream to the liquor to make

two cupfuls. In another saucepan melt two tablespoons of butter and blend in one tablespoon of flour. Mix until perfectly smooth. Now pour the hot liquid gradually into the blended butter and flour . . . . stirring and mixing until it is smooth. Season with salt, pepper and a few grains of cayenne. Add the oysters and scallops, also ½ cup thinly sliced canned mushrooms and one egg yolk that has been beaten with one tablespoon of cream. Serve with toast.

Soft Shell Clams, Babcock Sauce

Wash 2 quarts of clams thoroughly to remove all sand. Put them into a saucepan, add ½ cup of cold water, cover saucepan, and remove from fire when shells open. Remove clams to hot towel while you make the sauce: Melt 3 tablespoons of butter, blend in 1 tablespoon of flour, ½ teaspoon English mustard and gradually add 1 cup of clam liquor which has been strained through a double thickness of cheesecloth. Bring to a boil and add ½ teaspoon freshly ground black pepper. Freshly ground black pepper is the secret of Babcock sauce. Grind whole black peppercorns in a small pepper mill until you have the desired quantity. Sauce should be heavily flecked with pepper.

Cherrystone Clams, Casino

Prepare same as Oysters Casino.

Soft Shell Clams, Mexicano

12 soft shell clams
1 tablespoon butter
¼ teaspoon salt
Few grains cayenne
2 shallots, finely chopped
½ green pepper, finely chopped
1 large fresh tomato, peeled and chopped
1 teaspoon Worcestershire sauce

Wash clams, open shells, remove clams and save liquor. Melt butter in saucepan, add clams and cook several minutes. Add seasonings, shallots, green pepper and tomato. Add reserved clam liquor and Worcestershire sauce and bring to boiling point. Serve.

Clam Fritters

12 raw clams (medium sized)
1 teaspoon finely chopped chives
2 tablespoons flour
1 teaspoon baking powder (scant)
2 tablespoons fresh bread crumbs
1 egg
¼ teaspoon salt
⅛ teaspoon pepper
Few grains nutmeg

Mince clams. Put them in a mixing bowl and add the dry ingredients sifted together. Add chives, breadcrumbs and slightly beaten egg and mix well. Drop by spoonfuls into deep hot oil or fat and cook until nicely browned. Drain and garnish with parsley and quartered lemon.

Crab Meat au Gratin

To 1 pound of crab meat add 2 cups of rich cream sauce which has been seasoned with 1 tablespoon Worcestershire sauce. Add pepper and salt to taste and pour mixture into a buttered gratin dish. Sprinkle top with grated Parmesan cheese and bread crumbs. Dot top with several bits of butter and place in moderate oven to brown.

Crab Meat, Rector

Melt 2 tablespoons of fresh butter in a frying pan. When hot add 1 pound of crab meat which has been carefully picked and all bits of shell removed. Season with salt, cayenne pepper and moisten with 3 tablespoons of white wine and let cook about 5 minutes. Remove crab meat with a skimmer to a buttered gratin dish and garnish with about 20 oyster crabs and 8 or 10 mushrooms which have been sliced and fried in butter 2 minutes. Add 1 cup of cream to wine remaining in pan and bring to a boil. Thicken with 1 tablespoon of butter and 1 tablespoon of flour creamed together. Stir in 1 heaping tablespoon of grated Parmesan cheese and pour sauce over crab meat. Dot top with several small bits of butter and place in moderate oven to brown.

Crab Meat, Maryland

Season 1 pound of crab meat with a little salt and a few grains of cayenne pepper. Melt 2 tablespoons of butter in a frying pan and when hot add the crab meat and 3 tablespoons

of sherry wine and cook for 5 minutes then add 1 cup cream and bring to a boil. Thicken with terrapin butter (see page 60). Serve with triangles of toast.

Crab Meat, Creole

Cut 1 green pepper, 1 medium sized onion and a thin slice of ham into Julienne slices (about 2 inches long and ⅛ inch wide). Cook gently in butter until onions and green pepper are soft . . . . about 10 minutes. Then add 3 ripe tomatoes which have been peeled and cut into small pieces (remove as many tomato seeds as possible), 6 mushrooms thinly sliced, and 1 clove of crushed garlic. Moisten with 3 tablespoons white wine and 4 tablespoons of stock and cook 10 minutes longer. Add 1 pound of crab meat, season with salt and a few grains of cayenne and mix all ingredients together. Serve with small timbales of boiled rice.

Crab Meat Cocktail

Carefully pick over the crab meat and remove bits of shell. Into each cocktail glass put 2 tablespoons of cocktail sauce; fill glass to brim with crab meat and cover with cocktail sauce.

Crab Meat Salad

To 1 cup of cold boiled crab meat add ½ cup finely diced celery and 1 large ripe tomato which has been peeled, seeds removed, and cut into small pieces. Season with salt and a few grains of cayenne pepper. Add ½ cup of mayonnaise, mix thoroughly and serve on crisp lettuce leaves.

Stuffed Deviled Crab, Rector

When purchasing crab meat ask your dealer to give you six empty crab shells. One pound of crab meat will be sufficient for six crab shells. The first procedure is to wash the empty crab shells in boiling water and turn them upside down to dry. For one pound of crab meat make two cups of cream sauce as follows: Melt two tablespoons of butter, add two tablespoons flour and when blended together gradually add two cups of thin cream. Stir constantly and bring to the boiling point and cook for five minutes. Add salt to taste, a few grains of cayenne pepper, one teaspoon of dry mustard, one teaspoon Worcestershire sauce and the yolks of two eggs.

Remove from the fire and add the pound of crab meat (pick it over carefully to remove any bits of shell), and ½ cup of chopped cooked mushrooms. Mix all together and let cool. When cool enough to handle fill the empty crab shell with the mixture building it up rather high and rounded. Sprinkle with bread crumbs and dot with small bits of butter. Place in the oven to bake until the crumbs are browned. If crab shells are not to be had use fancy scalloped dishes to bake in.

Stuffed Hard Shell Crabs, Indienne

Follow above recipe. In place of mustard substitute 1 tablespoon of curry powder. Mix curry powder with flour and butter when making cream sauce.

Curried Crab Meat au Gratin

Pick over one pound of crab meat to remove bits of shell. Melt 2 tablespoons butter, blend in 2 tablespoons flour and 1 tablespoon curry powder; gradually add 1½ cup of thin cream, stirring constantly until sauce reaches boiling point. Add crab meat to curried sauce and pour into a buttered gratin dish. Sprinkle top with bread crumbs, grated Parmesan cheese and dot with small bits of butter. Place in a moderate oven to brown.

Broiled Soft Shell Crabs, Ravigote Butter

Dress and wash the crabs for broiling. Rub each one with butter and broil under moderate flame. Baste with butter while broiling and sprinkle lightly with salt. When both sides are broiled remove to hot platter and serve with ravigote butter.

Ravigote Butter

½ oz. green tarragon
½ oz. green chives
½ oz. Parsley
1 oz. shallot, finely chopped and blanched
1 oz. chervil

Wash the tarragon, chives, parsley and chervil. Blanch finely chopped shallots by pouring boiling water over them and draining immediately. Pound all together in a mortar until thoroughly macerated. Then work in ¼ pound of fresh butter and color with a little spinach juice.

Curried Crab Meat

Cook 1 tablespoon of finely chopped onion in 3 tablespoons of butter for several minutes. Do not let onion or butter change color. Now blend in 2 tablespoons of crab meat. Season lightly with salt.

Fresh crabmeat is in the market the year round and the best crab meat is shipped from Maryland. These crabs are caught in the waters of Chesapeake Bay, and are known as the blue crab.

Crab Meat Dewey

Pick over one pound of crab meat to remove bits of shell. Melt two tablespoons butter and blend in two tablespoons flour and gradually add ½ cup chicken stock and two cups of thin cream. Bring to a boil and cook for several minutes. Season with salt and a few grains of cayenne and stir in the yokes of two eggs. Mix the sauce until perfectly smooth and add the crab meat and one cup of thin sliced cooked mushrooms. Hold over the fire until hot but do not allow to boil again. Just before serving add a piece of butter about the size of an egg and two tablespoons of sherry. Serve with toast.

Crab Meat à la Mornay

Carefully pick over the crab meat and remove all shell. For 2 cups of crab meat we will make the following quantity of sauce. Melt 2 tablespoons of butter, blend in 2 scant tablespoons of flour and gradually add 2 cups of scalded cream. Stir constantly and bring to the boiling point, and let boil for 2 or 3 minutes. Place the sauce pan containing the cream sauce in a very hot oven. When a brown crust has formed on the top remove from oven and carefully remove and discard the browned crust. Have ready ¼ cup grated parmesan cheese, ¼ cup grated gruyere cheese and ⅛ pound sweet butter. Now hold a small wire whisk in your right hand and whip the sauce all the while in adding small bits of butter alternating with both kinds of cheese until the cheese and butter have been used up. It is important to add the cheese and butter to the cream sauce immediately as it comes out of the oven because the intense heat of the sauce must melt not only the butter but also the two kinds of cheese. The whipping

must be done rapidly, otherwise the ingredients will not blend. Now season with a little salt and a few grains of cayenne pepper and strain through a very fine seive. Arrange crab meat on a shallow casserole and pour the Mornay sauce over it. Place under the broiler flame until it becomes a golden brown. Very delicious.

Crab Meat Ravigote (Cold)

For six persons soak one pound of fresh crab meat in vinegar for 15 minutes. Now squeeze the vinegar from the crab meat and season with salt, pepper and paprika and place it in a large mixing bowl with one cupful of mayonnaise, one tablespoonful finely chopped gherkins and one teaspoonful chopped parsley. Mix thoroughly and fill six empty crab shells with the mixture, and decorate with a thin coating of mayonnaise and two thin strips of pimento crossed on top.

Lobster Americaine

A female lobster is preferable because of the roe. Have the butcher cut the whole live lobster (weighing about 2½ pounds) in cross wise sections in 1½ inch pieces. Have the claws cut in half. The lobster meat is not to be removed from the shell but have the roe carefully removed. Put about 6 tablespoons of olive oil in a large saucepan and when oil is very hot add the sections of lobster (in the shell), 2 tablespoons brandy and 1 cup of fish consommé. Cover pan and cook for 20 minutes, occasionally turning the pieces of lobster. In the meanwhile prepare the following: Two small carrots, chopped fine, 1 clove of garlic, chopped fine, 1 small onion, chopped fine, 4 medium sized tomatoes, cut in quarters and the roe of the lobster, chopped fine. Add chopped vegetables and roe to lobster along with a pinch of thyme, ½ bay leaf and 1 cup of tomato sauce. Cook all together for 15 or 20 minutes. Enrichen the sauce with 1 teaspoon beef extract and a piece of fresh butter the size of an egg. Last but not least, add a small glass of sherry (about 2 oz.). On account of sauce serve in deep plates and sprinkle over with finely chopped parsley.

Lobster Croquettes, Sauce Tartare

Make a thick white sauce by melting 2 tablespoons butter, blend in 2 tablespoons flour and gradually add 1 cup of milk.

Bring to a boil and stir until perfectly smooth. Remove from fire and season with ½ teaspoon salt and a few grains of pepper. Have ready 2 cups of chopped lobster meat seasoned with ½ teaspoon of salt, a few grains of cayenne, a few gratings of nutmeg, 1 teaspoon finely chopped parsley and 1 teaspoon strained lemon juice. When white sauce is cool add it to seasoned lobster meat and shape into small croquettes, roll in crumbs, dip in beaten egg, and again roll in crumbs. Fry in deep hot fat and drain on paper. Egg used for crumbing should be beaten in a deep plate and diluted with 2 tablespoons of cold water.

Sauce Tartare

To ½ cup of mayonnaise add 3 pickled gherkins, finely chopped, ½ teaspoon finely chopped shallots, ½ teaspoon fresh tarragon, finely chopped and ½ teaspoon parsley, finely chopped. Thin out with one tablespoon taragon vinegar to which has been added a few grains of cayenne and a pinch of mustard. Mix thoroughly and serve in sauce boat.

Lobster à la Newburg (Rector)

This delightful dish was named in honor of a bon vivant whose name was Wenburg. Being of a modest nature, he spelled the first syllable of his name backwards and, therefore, the name became "Newburg." I want my readers to have two recipes for preparing Lobster Newburg. One a la Rector and the other as is now served in the well known Prunier restaurant in Paris.

Select a live lobster weighing about two pounds and plunge it into boiling salted water to cook for twenty minutes. Remove from water and when cool cut and break open the shell and remove the lobster meat and cut it into pieces about the size of a small walnut. Now melt two tablespoons of fresh butter and cook the pieces of lobster in it for several minutes then season with salt and a few grains of cayenne pepper and two tablespoons of sherry wine . . . . cook one minute and add ½ cup heavy cream and the yolks of two eggs slightly beaten. Do not allow to boil after yolks have been added. Serve with triangles of fresh toast.

Lobster Newburg (Prunier)

I really believe that the method of Prunier is the best as all the essence of the lobster goes into the sauce. The American recipe calls for cold boiled lobster but the French cut up a live lobster and sauté the pieces in the shell . . . . as follows: Cut a live lobster into pieces an inch long, brown in butter, season with salt, pepper and moisten with Madeira or Sherry wine . . . . about two tablespoons. If possible add one chopped truffle while cooking. Let it cook for twenty minutes keeping it covered while cooking. Take the pieces of lobster from the shell and place them in a warm dish while you make the sauce in the pan in which the lobster was cooked. Remember the essence of the lobster is in the pan so add ½ cup of heavy cream to it and heat but do not let it boil. Add another tablespoon of Sherry wine and thicken with the yolks of two eggs slightly beaten. Pour the sauce over lobster and serve.

Lobster en Brochette

Remove the lobster meat from a cold boiled lobster and cut into pieces about one inch square. Cut some sliced bacon into one inch pieces. Now take a skewer about ten inches long and fill it with alternate pieces of bacon and lobster. Place a medium-sized mushroom on the end of the skewer. Roll in bread crumbs and broil until bacon and mushrooms are cooked. Turn and baste during the broiling with some melted butter and bacon drippings. Serve one skewer to a portion.

Broiled Lobster

Select a live lobster weighing about two pounds and have the butcher split it and remove intestinal vein for broiling. Arrange the split lobster on the broiler pan (cut side upward), sprinkle with a few grains of paprika and spread with butter. Cook under moderate flame for twenty minutes, basting occasionally with melted butter. Remove broiler pan to table and lightly cover lobster meat with buttered bread crumbs. Return to broiler flame until nicely browned. Serve with melted butter and quartered lemon.

Lobster Thermidor

Split a cold boiled lobster lengthwise, remove meat and chop in very small pieces. Prepare a cream sauce as follows: Melt

1 tablespoon of butter, blend in 1 tablespoon flour and gradually add ¾ cup cream, stirring constantly until sauce reaches boiling point. Let boil 2 minutes, add 1 teaspoon English mustard, ¼ teaspoon salt and a few grains of cayenne. Add chopped lobster meat to sauce, also add ¼ cup of finely chopped cooked mushrooms and mix well. Fill empty lobster shells with mixture building it up rather high, sprinkle over with grated Parmesan cheese and place under moderate broiler flame to brown.

It is just 25 years ago that I learned to make this dish in the kitchen of the Café de Paris, Paris, France.

Lobster Farci

Plunge a small live lobster into boiling salted water, cover kettle and cook for 15 minutes. Drain and when cool split lobster shell lengthwise. Remove claws from shell. Remove meat from shell and claws and cut into small dice. Melt 1 tablespoon butter in a frying pan and add 2 shallots, finely chopped and cook for 2 minutes. Sprinkle 1 tablespoon of flour into pan and gradually add 1 cup of chicken stock. Bring to a boil and add the diced lobster meat and ½ cup finely diced mushrooms and let cook for 5 minutes. Season with salt and pepper. Thicken with 2 slightly beaten egg yolks diluted with 2 tablespoons cream and cook for 1 minute. When cool stuff lobster shells with mixture and sprinkle top with fresh bread crumbs and dot with bits of butter. Place in moderate oven until browned. Serve garnished with parsley and quartered lemon.

Lobster W. W.

Split live chicken lobsters lengthwise. Carefully remove green lobster fat. Remove meat from claws and shell and dip lobster meat in melted butter and roll in bread crumbs. Season lobster fat with a little salt, a few finely chopped chives and add enough soft bread crumbs to form into small cakes. Fry cakes and lobster meat in clarified butter until nicely browned. Arrange on a hot platter and spread with maitre d'hôtel butter.

Lobster Cutlets, Tomato Sauce

Split a cold boiled lobster lengthwise. Remove meat and season with salt and pepper. Dip lightly in flour, then in beaten egg and roll in bread crumbs. Fry in clarified butter until nicely browned. Have ready a thick well seasoned tomato sauce. Pour it in a hot platter and arrange the cutlets on top of the sauce.

Lobster Creole

Remove meat from a boiled lobster and cut it into small pieces. Season with salt and cayenne and fry in butter until lightly browned. Then add 4 tablespoons of white wine, ½ cup Creole sauce and 4 tablespoons of chicken stock. (See index for sauce.) Let cook for 5 or 6 minutes. Make a border of boiled rice on a platter and pour the lobster Creole in the middle. Sprinkle top with finelly chopped parsley.

Lobster Bonnefoy

Cut a 2 pound live lobster in crosswise sections. Remove meat which should be about the size of a walnut. Season with salt and cayenne pepper. Melt 1 tablespoon of butter in a frying pan and when hot add the lobster meat and cook for 2 minutes over high flame. Reduce heat and add 3 finely chopped shallots and cook for 2 minutes longer. Then add ¼ cup thinly sliced mushrooms, 4 tablespoons white wine, ½ cup brown sauce and ½ cup tomato sauce. Cover pan and cook for 10 to 12 minutes. Remove from fire and add 1 teaspoon finely chopped parsley, 1 teaspoon finely chopped tarragon and ½ teaspoon finely chopped chives.

Lobster Cocktail

Cut cold boiled lobster into medium sized pieces. Arrange in glasses and follow directions given in shrimp cocktail.

Lobster and Shrimp Cocktail

By mixing equal portions of cold boiled lobster and cold boiled shrimps and combining in glasses with cocktail sauce we get a delightful shell-fish cocktail.

Broiled Live Lobster, Maitre d'Hotel

Select a small chicken lobster for broiling. Have it split and rub shell with oil and place on broiler to cook under

moderate flame for 20 minutes, having split part exposed to flame. Keep lobster meat moist by basting with melted butter during the broiling. Remove to hot platter and spread meat with maitre d'hotel butter. (See prepared butters.)

Broiled Deviled Lobster

Have a chicken lobster split for broiling. Spread meat with soft butter and broil under moderate flame for 10 or 12 minutes. Then spread deviled preparation over lobster meat, sprinkle with bread crumbs, dot with small bits of butter and return to broiler until nicely browned. Serve garnished with parsley, quartered lemon and melted butter. *Deviled preparation:* Dissolve 1 teaspoon of English mustard in 1 teaspoon of Worcestershire sauce. Dilute with 2 tablespoons catsup and 1 tablespoon melted butter. This quantity is enough to spread on 1 lobster.

Shrimp Cocktail

Wash shrimps in cold water. Drain, plunge into boiling salted water and cook 20 minutes. When cool remove shells and set in the refrigerator to chill. Put 1 tablespoon of cocktail sauce in bottom of each glass. Add 3 shrimps, another tablespoon of sauce, fill glass to brim with shrimps and cover with cocktail sauce. (See index for sauce.) Serve with quartered lemon.

Shrimp Salad

To 1 cup of cold boiled shrimps add ½ cup finely diced celery. Season with salt and a few grains of cayenne and thoroughly mix with ½ cup of mayonnaise. Arrange salad on crisp lettuce leaves and top with extra mayonnaise.

Shrimp Salad, French Dressing

To 1 cup of cold boiled shrimps add ½ cup finely diced celery and 1 teaspoon of grated onion. Marinate in ½ cup of French dressing and serve on a bed of crisp lettuce leaves.

Shrimps, Creole

Remove the shell from 1 pound of green shrimps. Melt 2 tablespoons of butter in a frying pan. When hot add the shrimp and cook over a brisk flame for 2 minutes. Then add 4 tablespoons white wine and 1 cup of Creole sauce. (See

index for sauce.) Let simmer 5 minutes longer. Season to taste with salt and pepper and serve in a border of plain boiled rice.

Curried Shrimps

Remove the shells from 1 pound of cooked shrimps. Melt 2 tablespoons of butter in a frying pan. When hot add the shrimps and cook over a brisk flame for 2 minutes. Season with salt and a few grains of cayenne. Then add 2 cups of Velouté sauce (See index for sauce) and 1 tablespoon of curry powder mixed with 2 tablespoons of white stock. Let boil 5 minutes. Thicken with 2 egg yolks slightly beaten with 1 tablespoon of cream. Remove from fire and just before serving stir in 1 tablespoon of fresh butter. Serve with plain boiled rice.

Scallops à la Stites

Cook in butter without browning 4 chopped shallots. Add 1 pound of scallops, 4 tablespoons white wine and cook for 5 minutes. Remove scallops with skimmer and chop finely. Also chop 8 or 10 cooked mushrooms. Return chopped scallops and mushrooms to pan and add 1 cup of cream sauce. Bring to a boil. Boil for 2 minutes, add 2 egg yolks slightly beaten with 1 tablespoon of cream. Season to taste and fill buttered scallop shells with mixture. Sprinkle top with bread crumbs and grated Parmesan cheese. Dot with small bits of butter and place in moderate oven to brown.

Scallops en Brochette

Fill small skewers with alternate pieces of scallop and small pieces of sliced bacon which has been partially broiled. When skewers are filled place a small mushroom on the end. Dip each skewer in melted butter and roll in bread crumbs. Broil under moderate flame until nicely browned. . . . baste occasionally with melted butter. Arrange skewers on a hot platter and garnish with sprigs of parsley.

Scallops, Orly

Place one pound of scallops in a mixing bowl. Sprinkle lightly with salt, pepper and a few grains of nutmeg. Add the strained juice of 1 lemon, 2 tablespoons of olive oil and ½ teaspoon of finely chopped shallots. Mix all together

and stand in a cool place to marinate for 1 hour. Drain, roll in cracker dust and fry in deep hot fat until a golden brown. Garnish with fried parsley and serve with tomato sauce.

Minced Scallops au Gratin

The large scallops, otherwise known as the deep sea scallops will be just the kind for this recipe. If you have scallop shells so much the better, otherwise use the small dishes that are copied after the shell.

Pour ½ cup of white broth into a saucepan with 1 pound of scallops. Bring to a boil and remove from the fire. Drain the scallops (save the liquor) and mince them very finely. Now cook in butter 1 heaping tablespoon of chopped shallots and cook over low fire so they will not turn brown. The shallot is a small bulb belonging to the onion family. When shallots are cooked sprinkle some flour into the pan and gradually add enough of the reserved liquor to make a sauce that will hold together. Heat to boiling point and add the minced scallops and 1 tablespoon of finely chopped parsley, seasoned to taste with salt and cayenne pepper. Fill well buttered scallop shells with this preparation, building it in such a way that it will be rounded on the top. Sprinkle over with bread crumbs and dot with small pieces of butter. Place in a hot oven to brown and serve garnished with parsley.

Oyster Crabs à la Newburg

1 pint oyster crabs
2 tablespoons butter
2 tablespoons sherry
Salt, pepper
Few grains cayenne
½ pint cream
2 egg yolks
2 tablespoons cream
1 tablespoon brandy

Wash and drain oyster crabs. Melt butter in a saucepan and toss oyster crabs in to cook for 2 minutes. Season with a little salt, pepper and a few grains of cayenne. Moisten with sherry wine and stir in the cream. Bring to a boil and thicken with egg yolks which have been diluted with 2 tablespoons cream and brandy. Serve with freshly made toast cut in diamond or triangle shape.

Fried Oyster Crabs, Sauce Tartare

Wash oyster crabs. Drain, dry on a soft towel or napkin. Roll lightly in flour, put them in the frying basket and cook in deep hot fat. Test the temperature of fat by browning a one inch cube of bread in 40 to 50 seconds. Drain crabs of fat and serve them in croustades made out of puff paste. Arrange croustades on a folded napkin and serve the sauce separately.

Sauce Tartare

½ cup mayonnaise
½ teaspoon finely chopped parsley
½ teaspoon finely chopped chervil
½ teaspoon finely chopped tarragon
½ teaspoon finely chopped chives
½ teaspoon finely chopped shallots
½ teaspoon finely chopped capers
1 teaspoon chopped sour pickle

Mix finely chopped ingredients into mayonnaise. Set in a cool place until needed.

Oyster Crabs, Sauce Béarnaise

1 pint oyster crabs
4 tablespoons brandy
2 tablespoons butter
¼ teaspoon salt
½ teaspoon paprika

Wash and drain oyster crabs. Put them in a saucepan with brandy, butter and seasonings. Ignite brandy and let burn 2 minutes. Extinguish flame by covering saucepan. Pour into hot serving dish and garnish with tiny crescents of puff paste.

Sauce Béarnaise

6 shallots
Few branches fresh tarragon.
12 whole black peppers, crushed
1 cup vinegar
4 egg yolks
½ cup melted butter
Fresh tarragon, finely chopped
Fresh parsley, finely chopped

Add finely chopped shallots, tarragon branches and crushed peppercorns to vinegar and boil in uncovered saucepan until vinegar is reduced to one quarter of original amount. Strain, gradually add to slightly beaten egg yolks, and cook over hot

water until mixture thickens. Stir constantly with wire whisk and gradually add melted butter. When thoroughly blended and thick remove from fire and add ½ teaspoon finely chopped tarragon and ½ teaspoon finely chopped parsley.

Frogs Legs, Poulette

Wash 1 pound of frog legs and dry carefully on soft towel. Fry them in butter over low flame until lightly browned. Season with salt and pepper, moisten with 4 tablespoons white wine and 4 tablespoons chicken stock. Cover pan and let cook for 5 or 6 minutes. Remove frog legs to serving dish, reduce stock in pan by cooking over high flame for 2 minutes, add 1 tablespoon of creamed butter (half butter and flour creamed together) and stir in gradually 1 cup of cream. Bring to a boil and thicken with 2 raw egg-yolks, slightly beaten with 2 tablespoons of cream. Add ½ cup sliced mushrooms which have cooked in butter 5 minutes. Pour hot sauce over frogs legs and serve.

Frogs Legs, Sauté Meunière

Frogs legs are more delicious than ever. Several years ago the small ones were to be desired but now the market offers a large size that I am quite in favor of. They are tender and of better quality.

Wash the frogs legs carefully and lay on a clean towel to dry. Season with salt and pepper, dip in flour and fry in hot butter until a golden brown. Remove to hot platter then add a piece of butter to frying pan and when it is slightly browned remove from fire and pour over frogs legs. For those who like the flavor of garlic (I do) I would suggest that the platter be rubbed with a clove of garlic before placing the frogs legs on it. Garnish with quartered lemon.

Terrapin

Rector's restaurants of Chicago and New York were noted for diamond-back terrapin specialties. The terrapin recipes which I am giving in this book were the most popular.

To Prepare Terrapin

Plunge the terrapin into boiling water. This is done for the purpose of loosening the skin. Keep terrapin in boiling water

for five minutes. Remove, and rub off the skin with a rough towel. Place terrapin in saucepan, cover with water and cook until tender . . . . about 45 minutes. Place terrapin on a boartd to cool. When cool clip off the talons on the flippers, cut off tail and remove top and bottom shell. Carefully remove meat, liver and eggs (if any). Cut the meat into one inch pieces and cut the liver into small pieces; lay it in a saucepan and cover with chicken stock. Season with a little salt and pepper, bring to boiling point and SIMMER for 10 minutes. Skim top while cooking.

Terrapin à la Maryland

To 2 cups of prepared terrapin add 2 tablespoons of brandy and boil for 2 minutes. Thicken with 3 hard-boiled egg yolks which have been mashed and creamed with 2 tablespoons butter and rubbed through a fine seive. Cook 5 minutes longer. Season with salt and a few grains of cayenne. . . Just befor serving add 3 tablespoons sherry.

Terrapin, Baltimore

Drain 2 cups of prepared terrapin meat, reserve broth. Melt 2 tablespoons of butter in a saucepan and when it becomes a light brown add the terrapin meat and cook for 3 minutes. Then add the reserved broth and 3 tablespoons sherry. Stir in ⅓ teaspoon of beef extract to enrich sauce and cook 5 minutes longer. Remove from fire, add 1 tablespoon of butter and 2 tablespoons brandy. Season with a little salt and a few grains of cayenne.

Court Bouillon

In giving recipes to the housewife I am mindful of the limitations of the average home as regards utensils, supplies and a reasonable amount of time to be spent preparing meals. Recipes which would be simple for an experienced cook or chef might overwhelm the housewife and leave her confused and dazed as to preparation. All recipes in this book have been simplified in such a way as to make them easily understood and a success.

It is most important to prepare a court bouillon for fish which is to be boiled. Court bouillon is in reality a fish broth,

highly seasoned with herbs, the purpose of which is to enhance the flavor of the boiled fish.

- 4 quarts water
- ½ cup vinegar
- 3 or 4 fish heads (flounder, bass or blackfish)
- 1 tablespoon salt
- ½ teaspoon whole peppercorns
- 1 small bay leaf
- 6 cloves
- 1 cup sliced onions
- 1 cup sliced carrots
- 1 cup diced celery & leaves
- 1 small bunch parsley

Bring all ingredients to a boil. Simmer 30 minutes before dropping in the fish.

Fillet of Sole, Mornay

Carefully drop the fillets into boiling water. Poach the fillets at simmering point for 10 minutes. Drain, trim off uneven edges and arrange fillets crosswise on a silver platter (or one which can stand oven heat) and cover with sauce Mornay made as follows: Prepare 3 cups of rich cream sauce in a saucepan and place it in a very hot oven until a brown crust has formed over the top. Remove pan from oven, discard brown crust, have ready on the side, ¼ cup grated Parmesan cheese, ¼ cup grated Gruyere cheese and ¼ pound of sweet butter. Hold a small wire whip in your right hand and whip the sauce while adding small bits of butter and alternating with both kinds of cheese until all the butter and cheese has been used up, It is important that the butter and cheese are added to the cream sauce immediately as it comes out of the oven because the intense heat of the cream sauce must melt not only the butter but the two kinds of cheese. The whipping must be done rapidly otherwise the butter, cheese and cream sauce will not blend smoothly. Now season with a little salt and a few grains of cayenne pepper and strain through a fine seive. Cover poached fillets with Mornay sauce and place under broiler flame until lightly browned.

Fillet of Sole, Marguery

Have 8 fillets removed from 2 flounders. Place bones, skin and heads in a stewpan. Add 1 pound of cut up fish (flounder, red snapper or cod), ½ cup sliced carrots, ½ leek, 2 sprigs

of parsley, 10 peppercorns, ½ bay leaf and 1 quart of cold water. Bring to boiling point and simmer till fish stock is reduced to 1 pint. Strain, pour fish stock over fillets which have been seasoned with salt and a few grains of cayenne and arranged in a buttered baking pan. Cover fillets with buttered paper and place in a moderate oven to poach for 15 or 20 minutes. Carefully lift fillets out of pan and arrange them on a hot platter (do not overlap or put one fillet on top of another). Strain fish stock into a small saucepan and reduce it by boiling to 1 cup, remove from fire and add 4 tablespoons of dry white wine. Thicken sauce with 3 egg yolks which have been slightly beaten, and add bit by bit, ¼ pound of fresh butter, stirring constantly until the sauce is perfectly smooth. Then add 1 teaspoon finely chopped parsley. Pour sauce over fillets which have been garnished with 1 dozen small steamed oysters and 1 dozen small boiled shrimps. Place platter under moderate flame until lightly browned.

Fillet of Sole, Tartare Sauce

Dip fillets in flour, then in beaten egg and then in bread or cracker crumbs. Fry in deep hot fat until a golden brown. Test fat or oil before dropping in the fillets. If it browns a piece of bread in 40 to 60 seconds it is just about the right temperature to cook fillets in. Garnish with lemons and sprigs of parsley. Serve sauce in individual lettuce leaves or sauce boat. (See page 132 for Tartare Sauce.)

Fillet of Sole, Sauté Meunière

Since we do not have sole in our local waters we use the nearest fish resembling it which is flounder. Flounder fillets may be purchased the year around. Season fillets with salt and pepper and dip lightly in flour. Fry in clarified butter until a golden brown. Remove to hot platter and squeeze a little lemon juice over them. Add 2 tablespoons of butter to frying pan, when it turns brown remove it from fire and pour it over fillets.

Fried Chicken Halibut, Rector

Purchase chicken halibut steaks weighing about ¾ pound apiece. Season with salt and pepper and dip them in 1 cup

of cold Villeroi sauce (see index for sauce) until thoroughly coated. Roll in bread crumbs and fry in clarified butter until nicely browned. Serve with a well seasoned tomatoe sauce. See chapter on sauces.

Steamed Halibut, Babcock Sauce

Steam a 3 pound piece of halibut by cooking over boiling water 35 to 40 minutes. Remove fish to hot platter and carefully peel off the skin. Garnish with Parisian potatoes and serve with Babcock sauce. (See index for Babcock sauce.)

Broiled Halibut Steak, Maitre d'Hotel

Purchase chicken halibut steaks weighing about ¾ pound apiece. Season with salt and pepper and rub them with soft butter. Place on greased rack of broiler and broil under moderate flame until nicely browned, allowing about 8 or 10 minutes to each side. Remove steaks to hot platter and spread with maitre d'hotel butter. (See prepared butters.)

Boiled Halibut, Sauce Mousseline

Cook a 3 pound piece of halibut in boiling court bouillon 35 to 40 minutes. Have court bouillon boiling when fish is dropped in, bring again to boiling point, reduce heat and hold at simmering point until fish is cooked. Drain, remove skin, arrange fish on hot platter and garnish with Parisian potatoes and a few sprigs of parsley. Serve sauce separately. (See index for Mousseline sauce.)

Baked Halibut Steak, au Gratin, Creole

Lay the halibut steak in a greased shallow baking pan. Sear in hot oven for ten minutes then dot with 2 tablespoons of butter and season with a little salt and pepper. Add about 4 tablespoons of broth or water to the pan and continue baking for 20 minutes. Then sprinkle entire top surface with bread crumbs and grated Parmesan cheese; dot with butter and return to oven to brown. Remove to hot platter and garnish with creole sauce. (See index for creole sauce.)

Boiled Black Bass, Hollandaise Sauce

Clean a three-pound black bass. Place it on rack of fish kettle and lower it into kettle containing boiling court bouillon.

Simmer 15 minutes, remove fish, drain, arrange on hot platter, garnish with small Hollandaise potatoes and serve Hollandaise sauce separately. (See index for Hollandaise sauce.)

Steamed Black Bass, Parsley Sauce

Clean a medium sized black bass. Cook for 15 minutes by steaming over boiling water. (A fry basket makes an ideal receptacle to hold fish which is to be cooked over boiling water.) Remove skin from fish and place on a hot platter. Garnish with small parsley potatoes and serve sauce separately. (See index for parsley sauce.)

Black Bass, Portuguese

Clean a medium sized black bass. . . . one weighing about 2 pounds. Rub fish with olive oil and season with salt and pepper. Place it in a greased baking dish, cover with 1 tablespoon of chopped onion and add 4 tablespoons of white wine. Bake in a moderate oven 20 to 25 minutes, basting occasionally with the wine. Remove fish from oven, cover with 1 cup of creole sauce, (see index for sauce) sprinkle bread crumbs over top, dot with small bits of butter and return to oven until browned. Serve with parsley potatoes.

Baked Fillets of Black Bass

Remove fillets from a medium sized black bass. Season with salt and pepper, arrange them in a shallow buttered casserole, add 4 tablespoons white wine, cover with buttered paper, and place in a hot oven to cook for 10 or 12 minutes. Remove fillets to hot platter. Reduce liquor in casserole by cooking over a high flame for several minutes. Remove casserole from fire and add 3 slightly beaten egg yolks and 2 tablespoons of butter added bit by bit. Beat with a wire whip until sauce is thoroughly smooth and blended. Season to taste, strain, and pour sauce over the fillets.

Broiled Striped Bass, Montauk

Have the striped bass dressed for broiling. If large ones are selected have them split. Season with salt and pepper and dip in oil. Broil under moderate flame until nicely browned. Remove to hot platter, spread fish with 2 tablespoons of an-

chovy butter and garnish with broiled scallops, broiled oysters and broiled mushrooms. (See chapter on prepared butters.)

Baked Fillets of Striped Bass

Follow recipe contained in Baked fillets of black bass.

Sea Bass, Sauté Meunière

The mall sea bass, those weighing about 1 pound should be used in this recipe. Have them cleaned, cut off fins and tail but leave the head on. Wash, dry on a towel and dip each fish lightly in flour. Fry in clarified butter until nicely browned, allowing about 6 or 7 minutes for each side to cook. Remove fish to hot platter, squeeze some lemon juice over them, and sprinkle with finely chopped parsley. Add 2 tablespoons of butter to pan in which fish were cooked and when the butter turns brown remove it from fire and pour it over the fish.

Fillet of Sea Bass, Marguery

Follow directions contained in fillet of sole, Marguery, using sea bass fillets instead of flounder fillets. Serve with Sauce Marguery.

Fillet of Sea Bass, Mornay

Follow direction contained in fillett of sole, Mornay, using sea bass fillets instead of flounder fillets. Serve with Sauce Mornay.

Baked Bluefish, Savory Stuffing

Have the bluefish cleaned for baking. Wash, dry, and season with salt. Make a stuffing of 2 cups of bread crumbs, ⅛ teaspoon summer savory, ½ teaspoon whole sage, ¼ cup chopped onion and salt and pepper to taste. Mix ingredients well and moisten with 3 tablespoons melted butter and add just enough water to make the stuffing moist but not wet. Fill fish with stuffing and sew the edges together. Lay the fish in a greased baking pan, dredge lightly with flour, salt and pepper and place 3 or 4 slices of salt pork in the pan. Bake in a moderately hot oven (375 degrees) allowing 15 minutes to the pound. Baste every 10 minutes with the salt pork drippings. Serve with Creole Sauce. (See page 104 for sauce.) Mackerel haddock or a scrod (a small cod) may be used in this recipe.

Broiled Bluefish, Maitre d'Hotel

Have medium sized bluefish split and boned for broiling. Sprinkle with salt and pepper and dip in oil. Lay it skin side down on broiler and cook under moderate flame until nicely browned. (It is only necessary to broil the fish on open side.) Remove to hot platter and spread fish with maitre d'hotel butter. (See chapter on prepared butters.)

Baked Bluefish, Italienne

Select a fish weighing about 4 pounds. Clean, wash and trim fins and tail. Season with salt and pepper and lay it in a buttered baking pan. Add 4 tablespoons white wine and 2 tablespoons of water and place it in a moderate oven for 20 minutes, basting occasionally during that time. Remove from oven, pour 1½ cups of Sauce Italienne over fish, return to oven and cook 20 minutes longer. (See index for Sauce Italienne.)

Baked Bluefish, Creole

Clean a 4 pound bluefish, rub with oil and season with salt and pepper. Lay it in a buttered baking pan, add ½ cup tomato juice and sprinkle 1 tablespoon of finely chopped onion over fish. Place in moderate oven to bake for 30 minutes, basting occasionally during that time. Remove from oven, pour 1 cup of Creole sauce over fish, sprinkle top with bread crumbs, dot with small bits of butter and return to oven until nicely browned—about 10 minutes. (See index for Creole Sauce.)

Fillets of Pompano, Biscayne

Cut fillets from a pompano. Season with salt and pepper and dip lightly in flour. Fry in clarified butter until lightly browned. Remove fillets to a hot platter, and squeeze a little lemon juice over them. Add 2 tablespoons of butter to frying pan and just as it turns brown add 2 tablespoons finely shredded blanched almonds. Remove from fire immediately and pour over fish.

Boiled Pompano, Sauce Normande

Clean a 3 pound pompano. Place it on rack of fish kettle and lower it into kettle containing boiling court bouillon.

Simmer 15 to 20 minutes. Drain, remove skin, arrange fish on hot platter, garnish with Parisian potatoes and serve sauce separately. (See index for sauce Normande.)

Boiled Pompano, Babcock Sauce

Clean a 3 pound pompano. Place it on rack of fish kettle and lower it into kettle containing boiling court bouillon. Simmer 15 to 20 minutes. Drain, remove skin, arrange fish on hot platter, garnish with Hollandaise potatoes and sprigs of parsley. Serve sauce separately. (See index for Babcock Sauce.)

Broiled Salmon Steak, Anchovy Butter

Have the salmon steak cut one inch thick. Sprinkle lightly with salt and pepper and dip in oil. Broil under moderate flame allowing 12 minutes for each side. Add a piece of butter to pan and baste frequently while broiling. Remove steak to hot platter and spread over 2 tablespoons anchovy butter. (See prepared butters.) Garnish with sprigs of parsley and lemon.

Cold Salmon, Sauce Vert

Cook a 3-pound piece of salmon in court bouillon 40 to 45 minutes. Drain, cool, remove skin and chill in the refrigerator until wanted. Arrange whole piece of salmon on a bed of crisp lettuce leaves. Serve sauce separately.

Sauce Vert

To 1 cup of mayonnaise add 2 level tablespoons of strained green pulp which is obtained by macerating in a mortar the following ingredients: 6 sprigs parsley, 6 spinach leaves, 1 small bunch water cress, 6 green tarragon leaves and 6 blades of chives. Work herbs in a mortar until reduced to a pulp. Rub pulp through a fine seive until desired amount is obtained.

Escalloped Salmon

Canned salmon or cold boiled salmon may be used in this recipe. Remove skin and bone and flake 2 cups of salmon. Make 2 cups of white sauce and add a grating of onion to it. Butter a small baking dish, add a layer of salmon, cover with white sauce and continue layers of salmon and white sauce

until all is used, having sauce come on top. Sprinkle with bread crumbs and dot with small bits of butter. Bake in a moderate oven until nicely browned—about 35 minutes.

Broiled Salmon Steak, Fines Herb

Have the salmon steak cut ¾ inch thick. Sprinkle lightly with salt and pepper and dip in oil. Broil under moderate flame allowing about 12 minutes for each side. Add a piece of butter to pan and baste frequently with melted butter and oil. Place on hot platter when cooked and carefully remove the skin. Sprinkle each steak with ¼ teaspoon finely chopped parsley, ¼ teaspoon finely chopped chervil and ¼ teaspoon finely chopped chives. Add the juice of one lemon to the pan containing the melted butter and oil. Hold over flame for a minute or two until it is hot—then pour it over salmon steak. Allow about 2 tablespoons for each steak.

Boiled Salmon, Mousseline Sauce

Cook a 3-pound piece of salmon in cour bouillon 40 to 45 minutes (see court bouillon for boiling fish). Drain, remove skin, arrange fish on hot platter, garnish with parsley and Hollandaise potatoes. Serve sauce separately. (See index for Mousseline sauce.)

Broiled Whitefish, Maitre d'Hotel

Have a medium sized whitefish split and boned for broiling. Season with salt and pepper and dip in oil. Broil under moderate flame until nicely browned. Remove fish to hot platter and spread with maitre d'hotel butter. (See chapter on prepared butter.)

Planked Whitefish, Rector

Clean and bone a whitefish weighing about 4 pounds. Season with salt and pepper and rub entire fish with soft butter. Place it on a buttered plank, and cover empty space of plank with salt (this will keep plank from burning). Bake in moderate oven 30 minutes. Remove plank from oven, brush off all the salt and make a potato border around edge of plank by using a pastry bag and tube. Fill in the space between edge of fish and potato border with baked stuffed tomatoes, small mounds of string beans and small mounds of cauliflower.

Place plank in hot oven to brown potato border. Remove from oven, garnish with parsley and lemon and serve from plank. Cover mounds of cauliflower with Hollandaise or cream sauce.

Shad Roe, Sauté Meunière

Carefully wash shad roe, remove bits of membrane, but be careful not to cut thin skin over roe. Dip in flour and fry in clarified butter over moderate flame until nicely browned. Arrange roes on a hot platter, squeeze a little lemon juice over them and sprinkle finely chopped parsley on top. Add 2 tablespoons of butter to pan and just as it turns brown, remove it from fire and pour it over the roes.

Broiled Shad Roe, Ravigote Butter

Wash shad roe, dry carefully, season with salt and pepper and dip in oil. Broil under moderate flame, allowing about 10 minutes to each side. Remove roes to hot platter and spread with ravigote butter. (See chapter on prepared butters).

Shad Roe à la Newburg

Drop 1 pair of shad roe in boiling salted water and simmer 15 to 20 minutes, depending on size of roes. Drain, and when cool enough to handle remove pieces of membrane and cut roes into pieces about the size of a walnut, season lightly with salt and a few grains of cayenne. Add roe to 1 cup of Newberg sauce. (See index for sauce.)

Shad Roe, Sauce Mornay

Poach shad roe by following directions contained in fillet of sole, Mornay.

Baked Finnan Haddie

Since finnan haddie is a dried smoked fish it is advisable to soak it in cold water for at least one hour. This will also remove some of the salt. Lay the finnan haddie, skin side down, in a baking pan. Cover with cold milk, add 1 small bay leaf, a pinch of thyme and about 10 whole black peppercorns. Heat the finnan haddie very slowly over low fire for about 30 minutes without letting the milk boil. Drain off the milk and seasonings, reserve milk, spread fish with butter and place in a moderate oven to bake for 20 minutes. Baste fish occasionally with melted butter during the baking. Mix ½ cup cream

with ½ cup reserved milk and pour it over fish just as it leaves the oven. Sprinkle top with paprika.

Finnan Haddie, Rector

This was one of the popular chafing dish specialties of Rector's restaurant in Chicago and was later introduced in New York. Soak the finnan haddie in baking pan with just enough milk to cover. Let it stand about one hour, then place it over low flame or fire to simmer gently for 20 minutes. Lift the fish carefully out of the pan when cooked and flake into pieces. Be sure to remove all bone and skin while flaking the fish. To every 3 cups of fish add 2 cups of rich cream sauce, 2 hard-boiled eggs, finely chopped, 1 tablespoon green pepper, finely chopped and 1 tablespoon chopped pimiento. Sprinkle liberally with paprika and serve on toast.

Steamed Haddock, Egg Sauce

Clean a 3 pound haddock. Cook for 20 minutes by steaming over boiling water. Remove fish to hot platter and carefully peel off the skin. Garnish with Hollandaise potatoes and thin slices of hard-boiled egg. Serve with egg sauce. (See index for Egg Sauce.)

Baked Haddock, Savory Stuffing

Have a 4 pound haddock cleaned for baking. Wash, dry and sprinkle with salt. Make a stuffing of 2 cups of bread crumbs, ¼ cup chopped onion, ¼ teaspoon of summer savory, ½ teaspoon whole sage and salt and pepper to taste. Mix ingredients well and moisten with 4 tablespoons melted butter, add just enough water to make the stuffing moist but not wet. Fill fish with stuffing and sew the edges together. Rub fish with melted butter and lay it in a greased baking pan, dredge lightly with flour and lay 3 slices of salt pork on fish. Bake in a hot oven (375 degrees) allowing 15 minutes to the pound. Baste every 10 minutes with the salt pork drippings. Serve with Creole, Poulette or egg sauce. (See chapter on Sauces.)

Boiled Cod, Anchovy Sauce

Have 3 or 4 pounds of cod fish cut in one piece for boiling. Place it on rack and lower it into fish kettle containing enough boiling salted water to cover. Add 2 tablespoons of vinegar to

water as this will keep the cod white. Simmer until fish is cooked—20 to 25 minutes. Remove fish from kettle and carefully peel off the skin. Arrange on a hot platter and garnish with Parsley and Hollandaise potatoes. Serve Anchovy sauce separately. (See index for Anchovy sauce.)

Baked Cod, Espagnole

Have a 4 pound cod split and cut into pieces with all bone and skin removed. Rub the pieces with soft butter and season with salt and pepper, arrange them in a buttered casserole and sprinkle 1 tablespoon finely chopped onion on top. Moisten with 6 tablespoons white wine or fish stock and place in a moderate oven to bake, basting occasionally. When fish is cooked carefully lift it onto a hot platter, add 1 cup of Creole sauce and ¼ cup thick tomato sauce to casserole and stir until mixed. Return sauce to hot oven for 5 minutes. Pour sauce over fish and sprinkle a little finely chopped parsley on top. (See chapter on Sauces.)

Broiled Scrod

A scrod is a young cod-fish and is perfectly delicious when broiled. Select one weighing about 2 or 3 pounds and have it split for broiling and the entire backbone removed. Place it on a greased broiler (open side up) and cook under moderate flame until nicely browned—about 20 minutes. Baste it with melted butter while it is broiling, otherwise it is apt to be dry. A small fish of this weight does not have to be turned in the cooking. The heat of the broiler will penetrate to the skin and when the open part is nicely browned the fish will be sufficiently cooked. Carefully remove to hot platter and spread with fresh butter and season with salt and pepper. Serve with quartered lemon.

Cod Tongues, Sauté Meunière

Trim and wash the cod tongues and dry them on a towel. Season with salt and pepper and roll them lightly in flour. Fry them in clarified butter until nicely browned. Arrange them on a hot platter, squeeze a little lemon juice over them and sprinkle lightly with finely chopped parsley. Add 2 tablespoons of butter to pan, let it turn brown, remove from fire and pour it over tongues.

Cod Tongues, Sauce Poulette

Trim and wash the cod tongues. Cover them with a fish stock (Court Bouillon) and simmer for 10 or 12 minutes. Drain, arrange tongues in serving dish and pour sauce Poulette over tongues. (See index for Sauce Poulette.)

Scrambled Cod Fish

This recipe calls for the salted codfish. Wash codfish in cold water and soak overnight. This will remove enough of the salt to make it edible. Never cut salted codfish with a knife but tear it or shred it with fork. Beat 4 eggs and gradually add 1 pint of milk and 1 cup of shredded codfish. Turn into hot buttered frying pan and cook over moderate flame until the eggs and codfish are set. Stir occasionally and do not cook too long, otherwise the eggs will become hard and dry. Garnish with crisp parsley and triangles of fresh toast.

Creamed Codfish

Shred 2 cups of soaked codfish. Cover with fresh cold water and bring to a boil. SIMMER for 3 or 4 minutes. Drain water off and add 1 cup of fresh cream. Heat slowly until boiling point is reached. Remove from fire and serve on large rounds of toast.

Salt Codfish au Gratin

Shred 2 cups of soaked codfish. Cover with fresh cold water and bring to a boil and SIMMER for 5 minutes. Drain. Fry 1 finely chopped onion in 2 tablespoons of butter 5 minutes, taking care not to brown butter or onion. Add the drained codfish, season with a few grains of cayenne, add 1 clove of crushed garlic and 1 teaspoon finely chopped parsley. Cook over moderate flame 2 minutes, then add 1½ cups of cream sauce and pour into a buttered shallow casserole. Sprinkle top with buttered bread crumbs and grated Parmesan cheese. Place in a moderate oven until browned.

Broiled Smelts, Maitre d'Hotel

Select the large smelts and have them boned at the market. Place on broiler and dot with fresh butter and cook until a nice brown. It will only be necessary to broil on one side (the

open side). Then arrange them on a hot platter and spread each smelt with Maitre d'Hotel butter which should be made in advance. (See chapter on Prepared Butters.)

Fried Smelts, Tartare Sauce

Clean smelts, trim fins and tail but leave the heads on. Season with salt and pepper and dip lightly in flour, beaten egg and bread crumbs. Fry in deep hot fat or oil until nicely browned. Drain on paper, arrange on hot platter and garnish with fried parsley. Serve sauce separately. (See index for Tartare Sauce.)

Fried Smelts, Figaro Sauce

Clean smelts, trim fins and tail, but leave the heads on. Season with salt and pepper, dip lightly in flour, beaten egg and bread crumbs. Fry in clarified butter until nicely browned. Remove to hot platter and garnish with fried parsley and lemon. Serve sauce separately. (See index for Figargo Sauce.)

Broiled Fresh Mackerel, Anchovy Butter

Have a 2 pound mackerel split and boned for broiling. Season with salt and pepper and dip in oil. Lay it skin side down on broiler and cook under moderate flame until nicely browned. It is only necessary to broil a fish of this size on the open flesh part. Remove to hot platter and spread with anchovy butter. (See chapter on Prepared Butters.)

Broiled Fresh Mackerel, Maitre d'Hotel

Follow above directions. Spread with Maitre d'hotel butter instead of anchovy butter. (See chapter on Prepared Butters.)

Brook Trout, Sauté Meunière

Clean and wash the brook trout, cut off fins and tail but leave the head on. Dip lightly in flour and fry in clarified butter until browned. Place trout on hot platter, squeeze lemon juice over them and sprinkle over some finely chopped parsley. Add 2 tablespoons of butter to pan in which the trout were cooked and when the butter turns brown remove it from fire and pour it over the fish.

Broiled Deviled Sardines on Toast

Select large sardines. Carefully remove skin and cover with deviled butter made as follows: Cream 2 tablespoons of butter, add 1 level teaspoon English mustard and a few drops of Worcestershire sauce. When thoroughly blended, spread sardines with mixture and dip in crackermeal. Broil under quick flame until brown. Serve on freshly made toast and garnish with parsley and lemon.

Fish and Cheese Timbales

Make 1 cup of cream sauce and season it with 1 teaspoon of A. 1 or Worcestershire sauce. Add 1 cup of cold cooked chopped fish (Halibut, cod, or bass will do very nicely). Place over a low flame to heat and in the meanwhile butter the timbales and sprinkle the buttered surface with grated cheese. Fill the timbales with fish mixture and set the timbales in a pan of hot water and bake in a moderate oven 15 minutes. Serve with cheese sauce. (See index for sauce.)

Salmon and Macaroni Timbales

Cook long pieces of macaroni in boiling salted water 20 minutes. Drain, hold under cold running water and drain again. Butter timbale molds and line with macaroni which has been cut in pieces to fit interior of mold. Fill center of molds with salmon force-meat made as follows: Cook ½ cup milk and ½ cup stale bread crumbs together for 8 or 10 minutes, then add ⅔ cup cold cooked salmon which has been picked apart and seived. Also add 2 tablespoons of butter, 2 tablespoons heavy cream and 1 slightly beaten egg. Season to taste with salt and pepper. Place timbale molds in pan of hot water and bake in moderate oven 25 or 30 minutes. Serve with Béchamel sauce (see page 102).

PREPARED BUTTERS

Terrapin Butter

Mash 3 hard-boiled egg-yolks. Thoroughly blend them with ¼ pound of creamed butter. Season with salt, a few grains of cayenne and a few grains of nutmeg. Press through a seive and keep in refrigerator until needed.

Anchovy Butter

Remove skin and bones from 1 oz. of anchovies. Dry thoroughly and pound them in a mortar. Add 1 teaspoon of anchovy paste and pound with pestle until thoroughly blended. Then work in ¼ pound of fresh butter and rub through a fine seive. Keep in refrigerator until needed.

Maitre d'Hotel Butter

Cream 2 tablespoons of butter and add ½ teaspoon salt, a pinch of cayenne pepper, 1 teaspoon of finely chopped parsley and gradually add 1 tablespoon of strained lemon juice. To be spread over hot broiled fish.

Hazel-nut Butter

Melt ¼ pound of butter in a saucepan. When hot it will froth and then settle down to brown. Let it brown but do not burn it. Carefully pour it into a hot dish, leaving the sediment in the saucepan. Season with a little salt, a few grains of cayenne pepper and 1 tablespoon strained lemon juice.

Creamed Butter

Cream ½ pound of fresh butter. When soft beat it well with a fork or wire whisk. Season with a little salt, a pinch of cayenne and a pinch of grated nutmeg. Gradually add ¼ pound of sifted flour and beat until thoroughly blended. To be used for thickening soups or sauces. Keep covered in a cool place until needed.

Deviled Butter

Cream 2 tablespoons of butter, add 1 level teaspoon English mustard and a few drops of Worcestershire sauce. Blend thoroughly. Spread thinly on fish to be broiled.

Horseradish Butter

Cream ¼ pound of butter, add ¼ cup fresh grated horseradish, a little salt and a few grains of cayenne. Blend thoroughly. Spread on hot broiled steaks or chops.

Lobster Coral Butter

Remove the coral or eggs from a female lobster and work it in a mortar with 4 tablespoons of butter. Season with a little salt and rub it through a fine seive.

Ravigote Butter

Blanch 10 or 12 spinach leaves, 3 sprigs of parsley, a few green tarragon leaves, 4 chives and 4 shallots. Drain, put them in a mortar and macerate until the green juice is extracted. Add ¼ pound of sweet butter, season with a little salt, and when thoroughly blended press through a fine seive. Keep in a cool place till needed.

Clarified Butter

Place butter in a small saucepan. Melt it over low heat and the salt will settle on the bottom of the pan. Carefully pour melted butter into another saucepan or dish, leaving the salt on the bottom.

Lemon Butter

Cream 4 tablespoons butter, gradually add 1 tablespoon strained lemon juice and a few grains of cayenne. To be spread over hot broiled fish.

Black Butter (Buerre Noir)

Melt 4 tablespoons of butter in frying pan and when it turns brown (almost black) add 3 tablespoons cider vinegar. Remove from fire immediately. Shake pan several times to mix butter and vinegar.

Tarragon Butter

Cream 2 tablespoons of butter and add ½ teaspoon salt, a pinch of cayenne pepper, 1 teaspoon finely chopped tarragon leaves and gradually add 1 tablespoon of strained lemon juice.

MEATS

Beef

Chateaubriand, Maitre d'Hotel

Chateaubriand is the name given to the center cut of a fillet of beef and should be cut about 3 inches thick. Have it trimmed and flattened with cleaver. Dip in olive oil, season with salt and pepper and broil under moderate flame allowing about 10 minutes to each side. Remove to hot platter and spread with Maitre d'Hotel butter. Cream 2 tablespoons butter, add ½ teaspoon salt, a few grains of cayenne pepper, 1 teaspoon finely chopped parsley and gradually add 1 tablespoon strained lemon juice.

Fillet Mignon, Marguerite

Have the fillets cut thick and uniform in size. Sauté in clarified butter until cooked. Cover bottom of hot platter with sauce Colbert (see page 111) and arrange small rounds of toast on top of sauce. Place fillets on top of toast and garnish with baked stuffed tomatoes. Select 6 firm tomatoes of uniform size. Core out the center with a sharp knife and prepare the stuffing as follows: Put into a large mixing bowl the pulp of the tomatoes which you have just removed, add ½ small onion, finely chopped, ⅛ teaspoon mixed herbs, 1 cup cold cooked meat (ham, tongue, chicken or veal, finely chopped) and 1 cup stale bread crumbs. Moisten with melted butter and season with salt and pepper. Stuff tomatoes with mixture, place on greased baking pan and bake in moderate oven 30 minutes.

Fillet Mignon, Sauce Béarnaise

Have the fillets cut thick and uniform in size. Dip each fillet in melted butter and broil 10 to 15 minutes under moderate flame. Season with salt and pepper and arrange them on a bed of sauce Béarnaise.

Sauce Béarnaise

2 shallots, finely chopped
pinch thyme
¼ bay leaf
2 sprigs parsley
10 peppercorns (crushed)
12 green tarragon leaves
4 tablespoons vinegar
1 cup of Hollandaise sauce
½ tablespoon tarragon leaves, finely chopped
½ tablespoon parsley, finely chopped

Cook shallots, thyme, bay leaf, parsley, crushed peppercorns and tarragon leaves with vinegar until quantity is reduced to one-half. Strain, add to Hollandaise sauce (see index on sauces) and stir in finely chopped tarragon leaves and finely chopped parsley.

Broiled Sirloin Steak, Bordelaise

Have broiler oven hot before putting in the steak. Place steak on greased wire broiler and expose both sides of steak to intense heat or flame until entire surface is seared. Lower flame to moderate and broil until cooked. The average steak which should be cut about 2 inches thick will take 20 minutes to broil. In turning steak on broiler never insert fork in the meat but rather in the fat to prevent loss of juice. Remove steak to hot platter, season with salt and pepper and pour sauce over steak and sliced marrow.

Bordelaise Sauce

2 shallots, finely chopped
½ small onion, finely chopped
1 small carrot, sliced
1 sprig parsley
¼ bay leaf
10 peppercorns
½ cup dry red wine (4 oz.)
1 cup brown sauce
1 tablespoon butter
1 tablespoon lemon juice
1 tablespoon parsley, finely chopped
10 slices poached beef marrow (cut ¼ inch thick)

Cook shallots, onion, carrot, parsley, bay leaf and peppercorns with red wine until quantity is reduced to one-half. Strain, add wine to hot brown sauce (see index on sauces). Add butter bit by bit and when thoroughly blended stir in the lemon juice and finely chopped parsley. Season to taste with salt and pepper. Arrange sliced poached marrow on top of steak and carefully pour sauce over all. *Poached Marrow.*

Carefully remove marrow from marrow-bones, slice, and poach in boiling salted water for 5 minutes. Keep water at simmering point while poaching marrow.

Larded Fillet of Beef, Mushroom Sauce

The whole fillet or tenderloin weighs about three pounds. Have the butcher trim it and lard it for roasting, also ask for several pieces of pork to put in the pan while the fillet is roasting. Place the fillet in a roasting pan with the extra pieces of pork around it and start to cook in a hot oven (450 degrees) for fifteen minutes. Then reduce to moderate (325 degrees) and cook thirty minutes longer basting about every ten minutes. This length of time cooks the fillet medium rare, so judge accordingly, if you want the fillet cooked rare, medium rare or well done. When the fillet is cooked sprinkle it with salt and pepper and place it on a hot platter while you make the mushroom sauce.

Mushroom Sauce

Add 1½ cups of well seasoned brown stock to fat in pan (there should be 2 tablespoons of fat) and stir bottom and sides of pan until all essence is dissolved. Thicken with 1 tablespoon of flour which has been mixed with a little cold water. Bring to a boil and strain into a small saucepan while you prepare the mushrooms. Melt 1 tablespoon of butter in a frying pan and when hot add ½ pound of thinly sliced mushrooms, cook over moderate flame 5 minutes, remove from fire, add 1 tablespoon of lemon juice and pour gravy into pan containing mushrooms. Season to taste and add 3 drops of Worcestershire sauce. Garnish fillet with crisp watercress and serve the sauce separately.

Roast Beef, Yorkshire Pudding

Select a cut of beef for roasting—rib, sirloin or round. Choice depending on size of family or individual taste. Place meat in a hot oven (475 degrees) for 30 minutes. Reduce heat to moderate (350 degrees) and continue roasting allowing 20 minutes to the pound. Baste meat every 10 minutes and just before it is ready to leave the oven season top and sides with salt and pepper. Make Yorkshire pudding as follows:

Mix 1 cup of flour and ¼ teaspoon of salt together, gradually add 1 cup of milk and stir until perfectly smooth, then add 2 well beaten eggs. Pour batter into shallow pan which has been greased with some of the hot roast beef drippings. Bake in moderate oven 30 minutes, and cut in small squares when serving.

Braised Beef en Casserole

Have 2 pounds of top round cut into small pieces about the size of a walnut, season with salt and pepper and dredge lightly with flour. Cover bottom of large frying pan with beef suet drippings and when hot add meat and brown quickly on all sides. Remove meat to casserole, add ½ cup of uncooked potato balls, cut with French vegetable cutter, ½ cup uncooked carrot balls, about 10 small white onions (uncooked) about 20 string beans, (split lengthwise) ½ small bay leaf and 1 clove of garlic (crushed). Pour 1 cup of seasoned beef stock over meat and vegetables, cover casserole, and place in moderate oven until meat and vegetables are tender—about one hour. When casserole leaves oven enrichen sauce by adding 1 tablespoon of butter and ½ teaspoon meat extract, stirring until butter and extract are thoroughly blended into sauce. Baste meat and vegetables with sauce before casserole is placed on the table.

Smoked Beef Tongue, Sauce Piquante

Soak beef tongue overnight in cold water to cover. Drain, cover with fresh cold water, add 1 small onion, 2 sprigs parsley, 3 cloves, ½ small bay leaf, 10 peppercorns and a large piece of lemon rind. Bring slowly to the boiling point, let boil 5 minutes, remove scum, lower temperature to simmering point and cook until tongue is tender—4 to 5 hours. Remove tongue to cutting board, when cool enough to handle trim off skin and throat cords. Place on large hot platter and pour sauce over and around tongue. (See Index on Sauces.)

Pot Roast, Family Style

This roast is most delicious when cooked and seasoned properly. Top sirlion, cross-rib or bottom round may be used for this recipe.

Purchase four or five pounds of beef for pot-roast. Wipe

ver with a piece of clean cheesecloth wrung out of cold water. Season with salt and pepper and roll in sifted flour. Render beef suet in a large iron kettle and put pot roast in to sear and brown on all sides. Then lower the gas flame under the kettle and add one cupful hot water, one large sliced onion, one cupful canned tomatoes and about two outer stalks of celery and leaves, also ten black peppercorns and a bay leaf. Simmer slowly until tender and add hot water or tomato liquid to the kettle as the original amount reduces. Turn the meat on all sides while cooking and remove celery, bayleaf and peppercorns before making the gravy.

Bitki (Cossack Steak)

Make one pound of fresh chopped beef into seven or eight small round flat cakes and season with a little salt and pepper Now make an egg omelette with one egg and one tablespoon of water—pinch of salt. In another pan melt a small piece of butter and fry ½ cup of chopped mushrooms and ½ cup of chopped onions together until cooked. When mushrooms and onions are cooked sprinkle them with finely chopped parsley. Now cut the egg omelette into fine shreds and mix it with the mushrooms, onions and parsley. Fill this mixture into the center of the meat cakes and pinch the edges together. Fry in beef suet drippings until nicely browned. Serve with tomato sauce mixed with an equal portion of sour cream. Very delicious, and it offers a new way to present hamburger.

Beef Loaf Aspic

Soak 1 level tablespoon of gelatine in ½ cup of cold water five minutes. In the meanwhile slice 1 small onion and 1 heart of celery and boil for 3 minutes in 1 cup of highly seasoned stock. Strain, add 1 teaspoon Worcestershire sauce and pour it into soaked gelatine. When mixture begins to stiffen add 1 cup of chopped cold roast beef, ¼ cup canned pimientoes, cut in very thin strips, and 1 heaping teaspoon of finely chopped parsley. Turn into a wet loaf mold and chill. Garnish with crisp lettuce leaves and asparagus tips which have been dipped in French dressing. Slice with a sharp knife when serving.

Fillet Mignon à la Stanley

Have the butcher cut from a tenderloin of beef slices to weigh five to six ounces apiece. Also have them flattened to one inch thickness by placing in a towel and using the flat side of a cleaver taking care to shape into rounds during the process. Dip each fillet in melted butter and broil from eight to twelve minutes. Have ready rounds of fresh buttered toast (same size as fillet) arranged on a platter and place each broiled fillet on a round of toast. Brush the fillets with glaze viande (beef extract) and surround with horseradish sauce. Sprinkle each fillet with finely chopped parsley taking care not to get any in the sauce. Place a quarter of fried banana on each fillet and serve.

Horseradish Sauce

Fry in butter without browning ¼ cup finely chopped onion. Add 1 cup of cream and reduce by cooking for several minutes. Strain through a sieve and thicken with 2 egg yolks which have been beaten with a little cream. Then add freshly grated horseradish until it is quite thick. Season with salt. Do not allow to boil again but the sauce can be kept warm by placing pan in hot water.

Fried Bananas

Allow ¼ banana for each Fillet Mignon à la Stanley. Peel firm bananas and split in halves lengthwise and then cut each half across. Roll the pieces in flour and fry in deep hot fat until a golden brown. Drain on unglazed paper.

Beef Steak Pie

This dish needs little recommendation and all the goodness and flavor of the round steak is enhanced by this method of preparation. Cut 2 pounds of round steak into small pieces and brown them in hot fat, and at the same time brown 1 cup of sliced onion with it. Season with salt and pepper, 1 tablespoon of Worcestershire sauce and 2 tablespoons of chopped parsley. Cover with boiling water and simmer gently 30 minutes. Then add 2 cups of diced potatoes and cook 45 minutes longer. Thicken with flour and butter creamed together. Pour into a deep dish, cool slightly, cover with a thin crust of biscuit

dough and bake in a moderately hot oven until crust is browned.

Ragout of Beef, Bourgeoise

About two pounds of top round cut up in small pieces. Season with salt and pepper and dredge lightly with flour. Melt beef drippings in stew-pan and when hot put in meat and brown all sides. When meat is well browned add 1½ cups of stock and bring to a boil, then add a small bay leaf, pepper and salt to taste, one bunch small carrots, about ten small onions and potatoes cut in uniform size. Simmer until vegetables are cooked. Thicken with brown flour and a dash of kitchen bouquet.

Beef À la Mode (Cold Roast Beef)

This recipe is to be made from cold roast beef. Cut the roast beef into small cubes and place them in a saucepan with hot gravy or beef stock to cover. To every 2 cups of diced beef add ½ cup of seedless raisins, which have been picked over and washed, and 1 tablespoon of vinegar. Simmer slowly until beef is very tender, then add 1 teaspoon sugar and a little salt and pepper. Thicken sauce with a little cornstarch or flour which has been dissolved in cold water. Bring to a boil and serve.

Roasted Short Ribs, Raisin Sauce

Sear a 5 pound short rib roast under broiler flame. This process as we all know prevents the meat juices from escaping. Place in roasting pan with 2 cups of boiling water, season roast with salt and pepper. Add 1 teaspoon celery salt, 3 whole cloves, several peppercorns, a small piece of bay leaf and a bit of thyme. Place in moderate oven and cook about three hours. The raisin sauce is made as follows: Cook ½ cup of raisins in 2 cups of water and one tablespoon of strained lemon juice. Simmer slowly for about thirty minutes. In another saucepan melt 3 tablespoons butter, blend in 2 tablespoons flour, add a pinch of salt and stir until it is a perfectly smooth mixture, then add the raisin mixture slowly and stir all the while. Simmer for ten minutes. Pour around the roasted short ribs and serve.

Hungarian Goulash

3 pounds of chuck of beef
Beef suet drippings
3 pints of stock
2 cloves garlic
1 bay leaf
1 tablespoon paprika
1 teaspoon salt
Few grains cayenne
6 medium sized potatoes cut same size as the beef

Cut meat into one and one half inch pieces. Brown quickly in beef suet drippings. Then add the stock, garlic, bay leaf, salt and cayenne and simmer very slowly for two and one-half hours. Add the potatoes and simmer 35 to 40 minutes longer. Add the paprika and thicken the sauce (there should be 3 to 4 cups) with roux made by creaming 3 tablespoons of butter and adding 3 tablespoons of flour. Add the roux gradually and stir until well blended and smooth. Serve with a green vegetable.

Rolled Roast, Provencal

3 to 4 pounds of beef roll
1 cup of chopped celery and leaves
1 large onion, chopped fine
1 clove of garlic, chopped fine
2 tablespoons fat
1 teaspoon salt
⅛ teaspoon pepper
1 cup of tomatoes
1 head cauliflower, separated into flowerettes.
1 tablespoon flour

Brown the celery and onion in melted fat, add the garlic and flour and stir until the flour is thoroughly blended. Then add the tomatoes and the beef roll. Sear in a hot oven (450 degrees) for 10 minutes. Reduce heat to 350 degrees—season with salt and pepper. Cover roaster and cook one and one half hours, then add the parboiled flowerettes and continue cooking until tender—about 1 hour.

Meat Loaf

1 pound of chopped beef, ½ pound lean chopped pork and ½ pound chopped veal. Mix together and add ½ cup of bread crumbs and ½ cup of milk. Season with 1 teaspoon of salt and ⅛ teaspoon of pepper, and add 1 egg slightly beaten. Shape into loaf and lay across top 2 or 3 slices of salt pork. Place in a hot oven to roast and baste every 10 or 15 minutes until cooked—about one and one-quarter hours. Serve with tomatoe sauce. (See Index on Sauces.)

Beef à la Mode

2 pounds flank steak
½ cup of flour
Salt and pepper
2 tablespoons fat
1 cup potatoes cut in cubes or small balls
1 cup of small onions
2 tablespoons chopped parsley
1 cup of tomato pulp
½ cup bread crumbs
1 cup white sauce

Pound the flour into the steak and season with salt and pepper. Cook for 30 minutes in the hot fat and then transfer the steak to a casserole. Cover with vegetables and white sauce and sprinkle the bread crumbs over the top. Bake in a moderate oven 40 minutes and serve from the casserole.

Marinated Beef, Alfredo

Five to six pounds of shoulder of beef—have it cut about two inches thick rather than a chunky piece. Make a marinade as follows: One cup vinegar, one cup water, one bay leaf, ten peppercorns, one sliced onion, one blade of mace and two or three cloves. Bring water, vinegar and spices to boiling point and remove from fire and cool. When cool pour over meat and let stand in the ice box for forty eight hours. Then remove the meat from the marinade, wipe it dry and dip in flour. Sear it on all sides in a hot frying pan and then transfer it to a roasting pan with three or four slices of fat salt pork and roast in a moderate oven for two and one half hours. Garnish with parsley and serve with Noodles Alfredo.

Noodles Alfredo

Cook noodles in boiling salted water 20 minutes. Drain in colander and hold under cold water to separate, then hold under hot water to heat. Drain, place noodles on a large hot platter, sprinkle top with grated Parmesan cheese and add 3 lumps of butter about the size of a small egg. Now take a large spoon and fork and lift noodles from platter until butter and cheese are thoroughly blended with the noodles. This act of mixing the butter and cheese through the noodles becomes quite a ceremony when performed by Alfredo in his tiny restaurant in Rome, Italy. As busy as Alfredo is with other duties he manages to be at each table when the waiter arrives with the platter of "fettuccine" to be mixed by him.

New England Boiled Dinner

Select a nice piece of corned beef the cut depending on individual choice. If lean beef is desired purchase the rump and if a little fat is liked then I would suggest the brisket. Personally, I like the brisket corned beef. Put the corned beef in a large kettle and cover with cold water. Bring slowly to the boiling point and remove scum that rises to the top. Continue to cook over very low heat until the meat is tender. A five pound piece of corned beef should cook for five hours to be perfectly tender. When cooked remove the meat to a warm dish and skim the water of all fat and cook the various vegetables, (cabbage, turnips, carrots, potatoes) in the water in which the meat was cooked. If the turnips, carrots and potatoes are small they may be cooked whole, otherwise cut them into pieces. The head of cabbage is to be cut into quarters or eights. Boiled beets also are included in this dinner but they are to be cooked alone in another saucepan. Start them well in advance of the other vegetables as they take longer to cook. When vegetables are cooked lift the corned beef onto a large hot platter and place the carrots, turnips and potatoes around it. Beets and cabbage to be served in separate dishes. To three parts melted butter add one part vinegar and pour over cabbage and beets.

Corned Beef Hash

To 2 cups of chopped corned beef add 2 cups of chopped cooked potatoes, 1 small onion put through the food chopper and 1 tablespoon of finely minced green pepper. Season with salt and pepper and brown in a frying pan with a piece of butter. Bank the hash to one side of the pan to shape it and turn onto a hot platter brown side up. Garnish with fresh sprigs of parsley.

Boiled Beef, Horseradish Sauce

Select a nice piece of fresh beef for boiling—round aitchbone or thick flank will do nicely for this purpose. Cover meat with boiling water, add a few sprigs of parsley, a few celery tops, 1 small bay leaf and about 10 peppercorns. Simmer gently and allow 30 minutes for each pound of meat. Boiled

beef must be cooked until it is very tender and the quality of beef has a lot to do with time allowed for cooking. A 5 pound piece of beef should be tender after 2½ hours of gentle simmering. About 45 minutes before meat is cooked add 6 medium sized carrots, which have been washed and scraped and a few small white turnips. When meat is cooked place it on a large platter and garnish with carrots at one end of the platter and turnips at the other end. Sprinkle a little finely chopped parsley on the carrots and a few grains of paprika over the turnips. Serve the sauce separately. Horseradish Sauce: To 1 cup of rich milk add 3 tablespoons of cracker crumbs and cook in top part of double boiler 20 minutes. Remove from fire and add 1 tablespoon of butter, ⅛ teaspoon salt and a few grains of pepper and stir until butter is dissolved, then add 4 tablespoons of freshly grated horseradish and serve.

Beef Liver, Creole

Cut one pound of beef liver into thin slices. Remove skin and veins and wipe with a damp cloth. Roll in flour and fry in hot fat until brown. When liver is cooked add 1 cup of sliced onions, 1½ cups of canned tomatoes and one sliced green pepper. Cover and cook slowly for 25 minutes, then season to taste with salt and pepper. Thicken with flour dissolved in cold water and boil for several minutes longer. Now make a border of boiled rice on a large platter and pour the beef liver creole in the center of the rice.

Casserole of Liver

2 lbs. liver (in one piece)
¼ cup drippings
¼ cup flour
1 small onion
2 carrots
1 small bay leaf
1 cup celery
2 cups potatoes
1 teaspoon salt
½ teaspoon pepper
¼ lb. salt pork, finely diced
1 can tomatoes (2 ½ cups)

Place drippings in hot frying pan. Dredge liver with flour and place in frying pan and sear on all sides until nicely browned; then transfer it to a casserole. Add thinly sliced onion, sliced carrots, bay leaf, chopped celery, diced potatoes and seasoning. Pour tomatoes over all and sprinkle with diced

salt pork. Cover casserole and bake in a moderate oven (350 degrees) 2½ hours.

Ox-Tail En Casserole

Wash and dry on clean towel two ox-tails that have been cut into joints. Brown in large iron frying pan with half butter and beef drippings. When nicely browned season with salt and pepper and add one pint of strong beef stock, a bouquet of celery leaves and parsley, a little mace and about six peppercorns. Boil for a minute and transfer to covered casserole dish to finish cooking in moderate oven. Oxtail requires long slow cooking so allow three or four hours in the oven. Add small white onions and carrots to casserole about one hour before serving. It will also be necessary to add stock as it reduces during the oven cooking. Skim off surface fat and thicken with very little brown flour. Serve from casserole dish.

Honeycomb Tripe and Onions

Purchase 2 pounds of honeycomb tripe. Wash it well in cold water and cut into one and one-half inch squares. Cover with boiling water, add 1 sprig of parsley, 1 sliced carrot, a tiny piece of bay leaf, a few celery leaves, 6 peppercorns and 1 clove. Simmer very slowly until tender—about 3 hours. In the meanwhile peel about 20 small white onions—cover with boiling salted water and cook until tender—20 to 25 minutes. Also prepare 2 cups of rich cream sauce and flavor with ⅓ cup of tripe stock. Put the tripe and onions in the sauce and bring to the boiling point and serve while hot.

Tripe à la Mode de Caen

The chef at the Pepin-Chandivert restaurant in Caen gave me this recipe many years ago. Tripe requires hours of slow cooking and then it is really delicious. Purchase 3 pounds of honeycomb tripe, wash it well in cold water and cut into pieces about 2 inches square. Cover the bottom of a large earthen crock with sliced carrots, 2 thin slices of onion, a pinch of thyme, a tiny bit of bay leaf, 1 clove and 3 peppercorns. Sprinkle a little salt on top and on the vegetable and herb foundation arrange a layer of tripe, 2 small pieces of calves

foot, 1 teaspoon of butter and 1 teaspoon of beef marrow (Butcher will give you marrow bones when purchasing tripe and calves feet). Continue building layers until crock is half full and end with carrots and herbs on top. Cover with cider (almost to the top of the crock) place cover on crock and set in a moderate oven to cook for 7 hours. The longer tripe cooks the better it is and I have found from experience that 8 or 9 hours in the oven isn't any too long but rather makes the tripe more mellow and gives a mucilaginous quality to the liquid or sauce which is the secret of this particular recipe.

Lamb

Lamb Chops, Soubise

Broil thick French chops under moderate flame allowing about 10 minutes to each side. Cover bottom of hot platter with sauce Soubise (see page 105) and arrange broiled chops on bed of sauce. Garnish platter with small mounds of boiled string beans which have been seasoned with salt and pepper and moistened with butter.

Roast Leg of Lamb, Mint Sauce

With a sharp skewer puncture the leg of lamb in six different places (top and underside) and insert strips of garlic as the skewer is withdrawn. Place meat in hot oven (475 degrees) for 30 minutes. Reduce heat to moderate (350 degrees) and continue roasting allowing 20 minutes to the pound. Baste meat occasionally and just before it is ready to leave the oven season with salt and pepper. Remove leg of lamb to hot platter, pour off all but 2 tablespoons of fat in baking pan, add 1½ cups of hot water and stir and scrape bottom and sides of pan to dissolve meat essence. Thicken with 1 tablespoon flour which has been mixed with a little cold water. Bring to boiling point, season with salt and pepper and strain gravy into sauce boat.

Mint Sauce

To ½ cup of mild vinegar (if vinegar is strong dilute it with water) add 1 tablespoon of powdered sugar, and when dissolved, pour it over 2 tablespoons of finely chopped mint. Let stand in warm part of stove for 30 minutes before using.

Boiled Shoulder of Mutton, Caper Sauce

4 or 5 pounds of shoulder of mutton is about the weight for the average family. Wash the meat and place it in a kettle with 2 quarts of boiling water, a small piece of bay leaf, 1 onion, 2 slices of lemon and 1 teaspoon of salt. Boil hard for 8 or ten minutes and then reduce flame and simmer allowing 30 minutes for each pound of meat.

Caper Sauce

Melt 3 tablespoons of butter and blend 3 tablespoons of flour, ½ teaspoon of salt and ⅛ teaspoon pepper. Gradually add 1½ cups of hot mutton stock which has been skimmed and strained. Boil 5 minutes, remove from fire and add 2 tablespoons of butter broken into small pieces and ½ cup of capers, drained from their liquor and moistened with 1 teaspoon of strained lemon juice.

Roast Forequarter of Lamb, Rector

Purchase a forequarter of lamb and have the butcher trim it and remove bone for stuffing. The stuffing to be made as follows: Six cups of soft bread crumbs, ⅓ cup melted shortening, 1 teaspoon salt, ½ teaspoon pepper, ½ teaspoon sage, ½ teaspoon thyme, 1 tablespoon chopped parsley and 1 cup of chopped mushrooms. Mix thoroughly by tossing lightly with a wooden spoon. Stuff the lamb and place in a very hot oven for twenty minutes—then reduce heat to moderate (325 to 350 degrees) and continue roasting, allowing 20 minutes for each pound. Baste occasionally and season with pepper and salt just before removing from the oven. Place lamb on a hot platter and pour off all but 2 tablespoons of the lamb drippings from the pan in which the lamb was roasted. Mix 2 tablespoons of flour in the pan with the drippings and when flour and drippings are thoroughly mixed add gradually 1 cup of water and ½ cup strained tomato juice. Stir over low flame

until the boiling point is reached scraping and stirring all particles of meat essence well into the sauce. Remove from fire and season with salt and pepper, 1 tablespoon of lemon juice and a dash of Worcestershire sauce. Strain and serve with the lamb.

Lamb, Richelieu

The average lamb roll will weigh about five pounds and the method of this recipe is pot roasting. Take a large iron kettle and melt sufficient lamb drippings to cover bottom of kettle. Add 2 chopped onions, 2 sliced turnips, 2 sliced carrots, 1 clove of garlic, a small bay leaf and a sprig of thyme. Let the vegetables cook in the fat for eight or ten minutes over low heat so the vegetables will cook without burning. Add the lamb roll and sear on all sides then add 2 cups of boiling water and 2 cups of tomato pulp. Season with salt and pepper and cover the kettle and cook slowly until the meat is tender (about two hours).

Lamb Steak, Sauté

Allow 1 lamb steak for each portion and have them cut about ½ inch thick. Season with salt and pepper and sautè in butter until cooked—about 15 minutes. Arrange each steak on a large plate, garnish with 6 whole mushroom caps which have been fried in butter and a small portion of O'Brien potatoes. Add 1 tablespoon of butter to frying pan after chops are removed and just as it is turning brown remove it from fire and pour sauce over chops and mushrooms.

Curry of Lamb

A curry recipe must be made from lean meat. Have butcher cut 2 pounds of lean lamb from fore-quarter or leg, and cut into pieces about the size of a small walnut. Put meat in a stewpan, add 1 small onion, 2 sprigs parsley, a few celery leaves and 1 teaspoon salt. Cover with cold water and bring to boiling point. Simmer gently until meat is tender. Remove meat to another saucepan, strain stock and skim top of all fat, (there should be 3 cups of stock). Melt 3 tablespoons butter, blend in 3 tablespoons of flour and 1 tablespoon of curry powder and gradually add 3 cups of hot stock stirring constantly until sauce comes to a boil. Let boil 2 minutes, add

lamb to curry sauce. Serve with boiled rice and Indian Chutney.

Lamb en Casserole, Caramello

2 pounds of lean lamb cut in pieces for serving. Sprinkle with salt and pepper, dredge lightly with flour and brown lamb in large frying pan with 2 tablespoons of olive oil. Remove lamb to casserole, add 2 cloves of crushed garlic, 2 whole leeks, 1 green pepper which has been cut into eighths and all seeds removed and ¼ bay leaf. Sprinkle ½ teaspoon of salt over meat and vegetables and pack the casserole with egg plant which has been peeled and cut into pieces about the size of a walnut. Pour over 1 cup of well seasoned lamb stock, cover casserole and place in a moderate oven (350 degrees) to cook for 3 hours. Uncover casserole, baste over the top with some of the essence in bottom of casserole, return casserole to oven, uncovered, and baste 3 times at 5 minute intervals. Serve from casserole. When tomatoes are in season add 2 which have been cut in halves, centers scooped out and all seeds removed.

Lamb Stew, With Dumplings

2½ pounds of shoulder lamb cut in uniform sized pieces. Dredge lightly with flour, season with salt and pepper and brown in 4 tablespoons of hot fat. Add 2 quarts of water and bring to boiling point and simmer for 1 hour. Then add 7 or 8 small white onions and 6 small carrots and simmer ten minutes longer, then add 2 cups of diced potatoes and 1 cup of diced knob celery and cook until potatoes and celery are soft—about thirty minutes. If fresh green peas are available add 1 cup to the stew along with the potatoes and knob celery. The dumplings can be dropped into the stew twenty minutes before it is ready, or the batter can be dropped into boiling water or still another way is to steam the dumplings for twenty minutes. Make dumpling batter as follows: Sift together 1 cup of flour, 4 teaspoons baking powder and ½ teaspoon salt. Add 1 cup of dry bread crumbs and mix well. Now add 2 tablespoons of melted shortening to 1 cup of milk stirring until mixed, then add it to flour and bread crumb mixture working it with a spatula until it is soft dough. Drop

from tablespoon into stew or boiling water and cook for twenty minutes. Keep kettle uncovered during the first ten minutes of cooking and then cover tightly for the last ten minutes. Or the dumplings can be cooked by steaming for twenty minutes.

Kidney Stew à la Kessler

Cover 6 lamb kidneys with cold water and let stand one hour. Drain, dry on towel and cut in slices about ¼ inch thick. Season with salt and pepper and dredge lightly with flour. Sauté in butter until all sides are browned. In another saucepan melt 3 tablespoons of butter, add 1 tablespoon of finely chopped shallots and cook 5 minutes without letting butter or shallots turn brown, (if heat is properly regulated shallots will be soft and yellow). Add 2 tablespoons of flour and stir until thoroughly blended, then gradually add 1 cup of brown stock and stir until boiling point is reached. Pour sauce into pan with kidneys, add ½ cup sliced fresh mushrooms, which have been cooked in butter 5 minutes and 1 small green pepper which has been thinly sliced and cooked in boiling water 8 minutes. Season with salt, paprika and a few grains of cayenne. Just before serving add 1 tablespoon of butter and 2 tablespoons of sherry.

English Grill

A large blue plate should be used to serve the English grill which consists of a broiled English mutton chop, one lamb kidney split and broiled, one slice of broiled bacon, one sausage and one thick slice of tomato sprinkled with bread crumbs and broiled. This combination is to be served on each blue plate as a portion. Start the English mutton chops to broil first as they will take twenty to twenty-five minutes to cook. When they are half cooked start the kidney and sausage and also the breaded tomato. Baste the tomato occasionally with the drippings from the meat. As the bacon will only take a few minutes to broil start it to cook toward the last. Serve with a baked potato which can be cooked in the oven while using the broiler.

Lamb Hash

Cut cold leg of lamb into very small dice taking care to remove skin and gristle. Moisten with Brown sauce (see page 103) and to 3 cups of diced lamb add 1 cup of cooked potatoes which have been cut in small cubes and 1 small green pepper which has been cut in small dice and cooked in boiling salted water 5 minutes. Season to taste with salt, pepper and paprika and stir in 2 tablespoons tomato catsup. Serve with freshly made toast.

Veal

Veal and Kidney Pie

Have two pounds of veal and two veal kidneys cut into small pieces for stewing. Take a large frying pan and render some of the fat from the kidneys and brown the veal and kidneys in it. Add one sliced onion to brown at the same time. When the meat is browned add one cup of canned tomatoes, one cup of water, or white stock if you have it and a soup bunch consisting of two branches of celery, two sprigs of parsley, one bay leaf and one clove of garlic. Simmer over a low fire until the meat is tender. About thirty minutes before meat is cooked add one cup of diced potato and if necessary add more liquid while cooking. When potatoes are cooked remove the soup bunch and flavor the liquid with one tablespoon of Worcestershire sauce and salt to taste. Thicken with flour mixed with cold water and pour the stew into a casserole dish, cool and cover with pie crust dough. Make a few perforations in the dough so the steam can escape. Bake in a moderate oven until the crust is browned. (See Index on Pie Crust.)

Calves Liver Patties

Put one pound of calves liver through the meat chopper, add 2 cups of soft bread crumbs, ½ cup grated onion, 1 teaspoon salt, ½ teaspoon pepper, four tablespoons bacon drippings and a pinch of marjarom. Mix thoroughly and shape into round patties about ½ inch thick—roll in sifted flour and fry in bacon drippings. Serve with crisp grilled bacon.

Sweetbreads, Braised

Sweetbreads are a great delicacy and when other foods loose their appeal try sweetbreads with tiny green peas. Sweetbreads come in pairs—separate them and soak in cold water for one hour. Plunge into acidulated, salted boiling water and cook slowly 15 or 20 minutes. Drain and plunge into cold water to harden. Remove any pieces of wind pipe and membrane and place them under a light weight to restore to original shape. Now lay the sweetbreads in a shallow casserole and dot each piece with small bits of butter. (Do not split the sweetbreads). Place in a moderate oven and in 5 minutes baste with some of the melted butter and spread each sweetbread lightly with glaze viande (beef extract). Return sweetbreads to oven and bake 5 minutes longer. Baste again and season very lightly with salt and pepper. Place on hot platter and pour the sauce (melted butter and glaze viande) over them. Garnish with parsley and serve with fresh green peas.

Calf's Head, Majestic

Have the butcher cut brains, tongue and meat from a calf's head. Cover brains and tongue with cold water and let stand one hour. Put meat which has been cut from head in a stewpan, add 1 slice of onion, 2 sprigs parsley, a few celery leaves, 10 peppercorns, 2 cloves and cover with boiling water. Simmer gently 30 minutes, add tongue and ½ teaspoon salt and simmer one hour longer, then add the brains and simmer 20 minutes, at the end of which time meat and tongue should be tender. Remove stewpan from fire, leave meat and tongue in the hot liquid, but remove the brains to cool. When brains are cool remove all skin and membrane and cut them into very small pieces. Add brains to 1 cup of Vinaigrette sauce. Drain meat and tongue of all water (remove skin and throat cords from tongue) arrange meat and split tongue on platter and garnish with whole gherkins which have been thinly sliced and spread fan-shape. Serve sauce separately.

Vinaigrette Sauce

To 1 cup of well seasoned French dressing add 2 tablespoons of finely chopped vinegar pickle, 1 tablespoon finely

chopped chives, 1 tablespoon whole capers and 1 teaspoon finely chopped parsley.

Calf's head, vinaigrette was a specialty of Rector's. However, an improvement has been made in the recipe by adding the brains to the vinaigrette sauce, all of which I give credit to the chef of the Majestic Hotel, Cannes, France.

Veal Chops à la Zingara

Purchase 4 veal chops cut rather thick. Have the butcher lard one side of the chops with alternate pieces of salt pork and lean ham. Brown the chops in frying pan with sufficient butter to keep from burning or becoming too brown, add 1 tablespoon of finely chopped shallots, ¼ cup thinly sliced carrots, 2 ripe tomatoes which have been peeled and centers scooped out to remove seeds and water and ⅓ cup of white wine. Simmer gently for 30 minutes. In the meanwhile sauté ½ cup sliced mushrooms in butter until cooked—about 5 minutes. Add mushrooms to chops and season to taste with salt and pepper. Remove chops to hot platter, add 1 tablespoon of butter to sauce and reduce sauce by cooking over a high flame for 3 minutes. Remove from fire, pour sauce over and around chops.

Veal Cutlet, Sauce Figaro

Have a veal cutlet cut ½ inch thick and pound it with the dull edge of a knife until it is thin and made somewhat tender by the pounding. Season with salt and pepper and cut into uniform size pieces for serving. Dip in batter and fry in deep hot fat or oil (350 degrees) until browned. Test temperature of fat by dropping in a piece of bread; if it browns in 1 minute it is the right temperature to receive the uncooked mixture. Drain on paper and serve sauce separately. (See Index on Sauces.) *Light Batter:* ½ cup flour, ¼ teaspoon salt, 1 teaspoon baking powder, ¼ cup milk and 1 egg. Mix and sift dry ingredients, add milk gradually and egg which has been well beaten.

This manner of preparing veal cutlet is a specialty of Madam Schoener's restaurant in Vienna, Austria.

Calf's Brains in Popover Cases

Cover calf's brains with cold water and let stand one hour. Free from all skin and membrane and plunge them into boiling acidulated water which has been slightly salted. Add 2 sprigs parsley, a few celery leaves, 1 small onion and ¼ bay leaf. Boil gently for 20 minutes. Drain, cool and cut into small pieces. Make a rich cream sauce (see Index on Sauces), add calf's brains and some sliced fresh mushrooms which have been cooked in butter 5 minutes. Season with salt and a few grains of cayenne and pour into popover cases. Sprinkle top with paprika. For acidulated water add 1 tablespoon of lemon juice to 1 quart of water.

Calf's Brains au Beurre Noir

Cover calf's brains with cold water and let stand one hour. Free from all skin and membrane and plunge them into boiling acidulated water which has been slightly salted. Boil very gently for 20 minutes. Drain, and put brains in cold water. When cool drain and dry carefully with a towel. Dip in flour, and fry in hot melted butter until nicely browned. Remove to hot platter and add two tablespoons of butter to the hot frying pan. When butter has turned brown add two tablespoons of vinegar to it. Remove immediately from fire and shake the pan a few times so butter and vinegar will mix. Pour over calf's brains which have been sprinkled with finely chopped parsley. The acidulated water is made by adding 1 tablespoon of vinegar or lemon juice to 1 quart of water.

Veal, Parapluie

This is about one of the tastiest ways to prepare veal that I know of. I learned of this recipe in the Cafe de Paris in Paris around 1900. The dish found its way into Rector's the same year.

One slice of veal cutlet cut about one inch thick. Lay it flat on the cutting board and with the dull side of a large knife begin pounding it and at the same time add grated Parmesan cheese—do this to both sides of the cutlet and when the pounding is finished the veal will be about one half an inch thick. The pounding spreads the veal to almost double

its size. Now season with salt and pepper and dip in beaten egg and then in bread crumbs. Fry in clarified butter until both sides are nicely browned. You will enjoy the flavor of the veal with the Parmesan cheese and notice also the tenderness because of the pounding process.

Blanquette of Veal

Purchase two pounds of breast of veal and have it cut into small pieces. Place in a sauce pan and cover with boiling water or white stock if you have it. Bring to a boil and skim —then add three small onions with one clove stuck in each one, also two carrots cut up in small pieces, a few sprigs of parsley and two outer stalks of celery. Season to taste and cover saucepan and simmer gently for one hour. Take out the meat and strain the gravy. Thicken the gravy with flour mixed with cold water. Bring to a boil and let simmer for five minutes. Remove from the fire and add the well beaten yolks of an egg to the gravy. The best way to introduce beaten egg yolk into hot gravy it to take a tablespoonful of gravy and stir it into the egg—do this until you have used up about half a cupful of gravy then pour the egg into the pan with the rest of the gravy. This method prevents the egg from curdling when it mixes with the hot gravy. Now place the veal on a platter and pour the gravy over it—sprinkle the top with finely chopped parsley and garnish with fried bread cut in diamond shape. Serve with green peas.

Veal Loaf

Purchase four pounds of shank of veal and have the butcher crack the bone in several places. Wipe the meat with a damp cloth and place it in a saucepan with ½ cup diced carrots, ¼ cup sliced onion and ¼ cup diced celery. Cover over with one quart of boiling water and simmer gently until meat is tender. Drain, reserving broth. Remove meat from the bones and return undesirable particles and bones to the broth. Simmer the broth until it is reduced to one cup. Strain and skim the top of any fat. When the veal is cold dice it into small pieces and add it to the strained broth with ½ teaspoon salt and ¼ teaspoon pepper. Now decorate bottom of mould with

slices of hard-boiled egg and slices of cooked carrot cut in fancy shape. Bits of parsley and pimiento may also be introduced. (The artistry of decoration I shall leave entirely to you). Put veal mixture in the decorated mould and let stand until cold and firm. (No gelatine need be used in this recipe).

Pork

Suckling Pig, Piedmontese

Have young pig dressed at market for roasting. Wash, stuff with Ham Risotto (see page 88) and sew cavity together. Truss, place in dripping pan and cook in moderate oven until skin is crisp and browned. Baste every 15 minutes and cook about 3 hours. Remove pig to large platter, garnish with watercress and serve with a tart apple sauce.

Breaded Pork Chops, Sauce Piquante

Have rib pork chops cut of uniform thickness . . . season with salt and pepper and dip the chops in melted butter, then in white bread crumbs and broil under moderate flame for 15 or 20 minutes. When nicely browned remove to a hot platter and trim the rib bones with white paper frills.

Brown Sauce (Espagnole)

Brown stock or broth is the base for brown sauce. Melt 2 oz. butter (¼ cup) and add 1 tablespoon chopped onion, 1 tablespoon chopped carrot, a sprig of parsley, a sprig of thyme, 1 small bay leaf and 10 whole peppercorns. Cook until well browned but do not allow the butter to burn. Then add 4 tablespoons flour and stir and mix thoroughly. Gradually add 2 cups of brown stock or broth and bring to the boiling point. Allow to simmer for 2 or 3 minutes . . . Strain and season with salt and pepper to taste.

Sauce Piquante

To 1 cup of thick brown sauce add two tablespoons of tarragon vinegar, 1 teaspoon shallot, finely chopped, 1 tablespoon chopped capers and 1 tablespoon chopped vinegar pickle. Season with a few grains of cayenne and hold over very low heat for 15 or 20 minutes before serving.

Roast Pork, Savory Apples

We will purchase an inexpensive cut of pork for this recipe but none the less a very good cut. Have a butcher cut a pork shoulder roast weighing 4 to 4½ pounds. Dredge the roast with flour and sear in a hot oven (450 degrees) for 10 minutes. Reduce oven heat to moderate (350 degrees) and season with pepper and salt and add enough water to keep roast from burning. Cover roasting pan and bake 45 minutes and place 4 or more cored apples (which have been stuffed with chopped dates and brown sugar around the roast and bake until apples are cooked . . . about 1 hour. Place 1 whole clove in cored out center of each apple.

Pork Chops, Florentine

Purchase 6 shoulder pork chops. Dredge them with flour and season with salt and pepper. Sear both sides; reduce the heat and cook 30 minutes. Put a layer of hot cooked spinach in an oven casserole and arrange the chops on top. Have ready 1½ cups of white sauce and just as you remove it from the fire add 2 beaten egg yolks to it. Pour sauce over chops and spinach and sprinkle with grated Swiss or American cheese. Place in a hot oven or under broiler flame to melt cheese and slightly brown it. Very good.

Crown of Pork à la Rector

Have the butcher trim a loin of pork and form it into a crown, and have each chop bone covered with larding pork. Also ask for little paper frills for each chop bone. Stuff cavity of crown with a savory rice stuffing made as follows: To 2 cups of plain boiled rice add ½ cup of finely minced green pepper, 1 finely minced pimiento, a slight grating of onion and ½ teaspoon of sage. Mix thoroughly and moisten with 3 tablespoons of melted butter. Place crown in roasting

pan, fill with prepared rice, cover with a piece of buttered paper and sear in a hot oven (450 degrees) for 20 minutes. Reduce heat to moderate (350 degrees) and continue roasting until crown is cooked . . . about 2½ to 3 hours, basting occasionally during that time. Remove larding pork from bones and dress each bone with small paper frill.

Pork Chops, Creamed Gravy

Select young tender pork chops. To ½ cup cracker meal add 1 teaspoon of poultry seasoning, ¼ teaspoon salt and ⅛ teaspoon pepper. Mix thoroughly and dip the chops in the seasoned crackermeal. Fry chops in melted pork fat drippings and when nicely browned remove them to hot platter. Arrange to overlap each other, either in a straight line or circle. To the fat remaining in pan (there should be about 1 tablespoon) add 1 level tablespoon of flour, stir until thoroughly mixed and gradually add 1 cup of scalded milk. Keep stirring until gravy reaches boiling point. Pour around chops.

Roasted Spare Ribs (Fresh)

Select a nice strip of fresh spareribs (about two pounds) and wipe them with a piece of cheesecloth wrung out of cold water. Season with salt and pepper and a pinch of sage and lay them in a baking pan and start them to cook in a moderate oven. After they have been in the oven fifteen minutes baste them with the melted drippings and baste every fifteen minutes thereafter until they are roasted. It will only take one hour to roast spareribs so gage the rest of your dinner accordingly.

Fresh Spare Ribs, Jardinière

Purchase a strip of spare ribs weighing about 3½ to 4 pounds. Wash, season with salt and pepper and dredge with flour. Cut raw potatoes in French ball shape or small dice, cut several carrots in fancy shape or slices, one cup of diced celery, a few shelled peas and a small head of cauliflower, cut into separate flowerettes, also peel a medium sized onion. Place all the raw vegetables in a roasting pan and lay the spare ribs over them. Add two cups of boiling water and place in a moderate oven (350 degrees) to cook, allowing about one and a quarter to one and a half hours.

Broiled Pork Tenderlion

Select thick tenderlions and have them split for broiling. Rub them with melted butter and season with salt, pepper and a tiny pinch of sage or poultry seasoning. Broil under a moderate gas flame until nicely browned. Serve with tart apple sauce.

Chow Mein

1 pound of pork tenderlion cut into strips 2 inches long. Heat frying pan and add ¼ cup pork drippings. When hot add the sliced pork tenderlion and reduce the flame and simmer slowly for 15 or 20 minutes without browning the meat. Then add 1 cup bamboo shoots cut en Julienne, (which simply means strips about 3 inches long and ⅛ inch wide) ½ pound of water chestnuts cut into shreds and 1 cup of celery cut en Julienne. Moisten with ½ cup white stock and simmer gently until vegetables are cooked. Season with 1 tablespoon of Chinese sauce and thicken with a little cornstarch mixed with cold water. Serve on a bed of crisp fried noodles and garnish top with egg threads. For egg threads beat 1 egg and fry in large oiled frying pan without browning. Cut into threads about 2 inches long.

Ham Mousse, Epicurean Sauce

2 cups cold boiled ham
1 tablespoon granulated gelatine
½ cup of hot water
1 teaspoon mixed mustard
⅛ teaspoon paprika
Few grains cayenne
½ cup heavy cream

Chop the ham very fine and pound in a mortar. Dissolve the gelatine in a very little cold water and then in hot water and add to the prepared ham. Season with mustard, paprika and cayenne and add the cream which has been stiffly beaten. Turn into a mold dipped in cold water. Set in the refrigerator to chill. Unmold and garnish with parsley.

Epicurean Sauce

½ cup heavy cream
4 tablespoons mayonnaise
2 tablespoons fresh grated horseradish
1 teaspoon English mustard
1 tablespoon tarragon vinegar
¼ teaspoon salt
Few grains cayenne

Beat cream until stiff, stir in the mayonnaise, grated horseradish and the balance of the ingredients which have been mixed together.

Ham Risotto

1 cup diced cooked ham
2 cups boiled rice
2 cups canned tomato
1 cup broth (any kind)
½ cup green pepper, finely minced
1 teaspoon grated onion

Cook the green pepper in the broth for five minutes. Add the tomato, onion and cooked rice. Bring to a boil and add the diced ham. Risotto is to be served moist but not watery so if there is much liquid reduce it with a few minutes of cooking. Season with a dash of Worcestershire, salt, pepper and paprika. Place a piece of butter on each serving. Very delicious and I am sure that you will agree with me.

Baked Ham, Cider Sauce

Select a ham weighing from 10 to 12 pounds. Take a small brush and scrub it well in cold water. Place in large kettle with cold water to cover. Add 1 small bayleaf, 1 sliced onion, 2 or 3 branches of celery, 2 sprigs of parsley and 2 sliced carrots. Bring to the boiling point and simmer slowly for 4 hours. Remove ham from liquor to cutting board and carefully peel off top skin. Leave a little skin around the shank end of ham. Place ham in baking pan (fat side up) with 1 cup of hot water and 1 cup cider. Place in moderate oven for 1 hour and baste every 10 or 15 minutes during this time. Remove pan from oven to table and score fat surface evenly and spread with brown sugar and bread crumbs. Stick a few cloves into fat at regular intervals. Return to oven to brown. Do not baste after sugar, crumbs and cloves have been added.

Cider Sauce

Make a sauce by adding 1 cup of ham liquor to pan ham was baked in. Thicken with butter and flour creamed together and bring to a boil while adding ⅓ cup of cider. Season with a few grains of paprika and strain sauce before serving.

Creamed Ham, Rice Border

Wash ¾ cup rice in cold water, drain, cook in top part of double boiler with 2½ cups of milk until rice is cooked. . . about one and one-quarter hours. Season with salt and pepper and stir in 1 tablespoon of butter. Pack rice into buttered ring mold, place mold in pan containing hot water and set it in moderate oven 20 minutes. In the meanwhile prepare the creamed ham. Melt 2 tablespoons of butter, blend in 2 tablespoons of flour and gradually add 1½ cups of scalded milk, stirring constantly until sauce is smooth and reaches boiling point. Season with a few grains of nutmeg and add 1½ cups of diced cooked ham. Bring to boiling point, remove from fire, add 2 egg yolks slightly beaten and stir until thoroughly blended with the sauce. Taste sauce and season with salt. If ham is salty, omit adding salt. Place a large platter on top of rice mold, invert and carefully unmold rice, pour creamed ham in center of rice and decorate rice border with a sprinkling of finely chopped parsley.

Deviled Virginia Ham à la Rector

Cut thin slices from a cold cooked Virginia ham about ¼ inch thick. Prepare a paste of English mustard and bread crumbs. Spread paste lightly on both sides of sliced ham and arrange the slices on a platter which will stand oven heat. Allow slices of ham to overlap each other about one inch and arrange a Risetto border around the ham. *Risotto.* 2 cups cooked rice, 1 tablespoon finely chopped pimiento, 1 tablespoon finely chopped green pepper, 1 tablespoon chopped onion which has been cooked in a little butter for 5 minutes and 1 large canned tomato which has been cut up or chopped. Add enough stock to moisten and season with salt and a few grains of cayenne. Risotto must not be too moist as it must hold its shape as a border. Dot ham with small bits of butter and place under moderate broiler flame to brown.

POULTRY

Many years ago there was a tiny restaurant in Paris called Au Pere Boivin and I worked in the kitchen under the proprietor chef to learn how to make Chicken Sauté Boivin and Lobster Americaine. These two specialties were very popular in Rector's. Both these recipes are typically French, and needless to say, delicious!

Chicken Sauté, *Boivin*

Quarter a chicken weighing about 2 pounds. Season with salt and pepper and dredge lightly with flour. Melt a piece of butter in a saucepan and brown chicken on all sides. Cover saucepan and cook over low flame until chicken is cooked. . . . about 20 to 25 minutes. Then add 1 cup of cooked potatoes cut in one inch dice or small ball shape, 1 cup of cooked small white onions and 2 artichokes which have been cooked and quartered lengthwise. Be sure to remove needles from center of artichokes. Allow vegetables to cook with chicken until they are thoroughly heated. Remove chicken and vegetables to hot platter while making the sauce by adding 1 cup of stock to saucepan along with ½ teaspoon beef extract. Stir and reduce a little by cooking over a high flame for several minutes. Pour sauce over chicken and vegetables.

Breast of Chicken, Rector

Select 2 or 3 spring chickens. Have butcher remove the breast skin and cut out entire breast. Sprinkle lightly with salt and pepper and dip in heavy cream and then in flour. Fry the chicken breasts in butter until lightly browned. Allow 1 slice of broiled ham for each chicken breast. Cut ham thin and have it the same size as the breast. Arrange broiled ham on piece of buttered toast and place chicken on top. Pour over Supreme sauce made as follows: Melt 2 tablespoons of butter in pan in which breasts were cooked, add 2 tablespoons of flour and stir until well blended. Then pour on gradually 1 cup hot chicken stock and ½ cup heavy cream. Stir constantly and bring to the boiling point and season with salt and a few grains of nutmeg. Add 1 egg yolk slightly beaten.

Strain and pour over chicken breasts. Garnish with cooked mushroom caps.

Chicken Wings and Legs, Deviled

The wings and legs may be kept in the refrigerator for several days and utilized when the occasion demands. Singe off all hairs and wash in cold water. Dry thoroughly and sprinkle with salt and pepper. Make the following mixture and rub it into wings and legs. Cream ¼ cup butter and add 1 teaspoon of hot mustard, either English or French, ½ teaspoon paprika, ½ teaspoon salt, a few grains of cayenne and 1 teaspoon vinegar. After wings and legs are thoroughly covered with deviled mixture place them in a baking pan and sprinkle over with buttered bread crumbs and bake in a moderate oven until tender and crumbs are browned.

Chicken Fricassee

Have a fowl disjointed into pieces. Singe the pieces and wash in cold water. Place the chicken in a stewpan, add 1 clove of garlic, 2 sprigs of parsley, 1 small onion, a few celery tops and boiling water to cover. Simmer gently until chicken is tender. Season with salt when chicken is half cooked. Lift pieces of chicken onto a hot platter while making the gravy. Strain chicken stock, (there should be about 3 cups) skim off fat. In another saucepan melt 3 tablespoons of butter, blend in 3 tablespoons of flour and gradually pour on the hot chicken stock, when perfectly smooth add ½ cup of cream and season with salt and pepper. Pour hot gravy over the chicken and serve with boiled rice and little baking powder biscuits.

Poscharski (Chicken Croquettes)

Remove enough meat from a cold cooked fowl to give 2 cups. Chop it fine. Season with salt, a few grains of cayenne, ⅛ teaspoon celery salt, 1 teaspoon minced onion and 1 teaspoon finely chopped parsley. Bind together with 1 cup of thick white sauce and shape into croquettes. Dip in crumbs, then egg and again crumbs. Fry in deep hot fat and drain on paper. Place a tiny sprig of parsley in the top of each croquette and serve with a rich cream sauce.

Rich Cream Sauce

Melt 2 tablespoons of butter and blend in 2 tablespoons of flour and ½ teaspoon of salt. Pour on slowly 1½ cups of thin cream (scalded) stirring constantly until the boiling point is reached. Boil 2 minutes and serve.

Chinese Chop Suey

Purchase a frying chicken with a plump breast as it is only the breast of chicken that we will use in this recipe. Remove the entire breast and cut the meat in strips about two inches long. Melt 1 tablespoon of butter in a saucepan and when it is hot add the sliced chicken meat. Cook for several minutes but do not allow the meat to brown. Then add 2 cups celery cut in thin slices crosswise, 1 cup of thinly sliced onion and ½ pound of Chinese water chestnuts which have been peeled and sliced. Stir these ingredients well and then add 1 cup of bean sprouts, which have been well rinsed in cold water, over the top. Cover the saucepan and let steam or cook slowly for fifteen minutes. If there isn't enough moisture in the meat and vegetables to create steam then add a very little chicken broth. When chicken and vegetables are tender add sufficient chicken broth to moisten but do not make the suey too liquid. Thicken with 2 tablespoons of cornstarch, mixed with 2 tablespoons of water and 1 tablespoon of Chinese Sho Yu sauce. Bring to the boiling point and simmer for several minutes. Serve with plain boiled rice.

Chicken en Casserole

Select young chickens weighing from two and one-half to three pounds. Have them disjointed and brown the pieces in hot butter, then transfer the chicken to a hot casserole dish to finish cooking in the oven. Keep the bottom of the casserole dish covered with chicken broth as this creates steam and helps to cook the chicken, also keep casserole dish covered tightly while in the oven. Now parboil some small white onions, a few young carrots and white potatoes that have been scooped into ball shape—drain off the water from vegtables and add them to casserole dish about thirty minutes before chicken is cooked as this will finish cooking the par-

boiled vegetables. When casserole is ready to leave the oven have ready about twelve medium sized mushrooms that have been dipped in flour and fried in butter to add to it. Serve at table in casserole dish.

Emincé of Chicken or Turkey, Sauce Mornay

Cold roast chicken or turkey may be utilized in this recipe. Cut chicken into small thin slices and heat slightly by covering with hot chicken stock. Drain, arrange slices on a platter which will stand oven heat, cover with sauce Mornay (see Index on Sauces) and place it under the broiler flame until the sauce is slightly browned.

Roast Duck, Danish Stuffing

Have duck drawn. Remove all pin feathers, singe and wash thoroughly. Danish stuffing to be made as follows: Soak 1 cup of prunes over night, remove pits and chop prunes. Combine chopped prunes with 1 cup of chopped apples and 1½ cups of bread crumbs. Season with ½ teaspoon salt and moisten with cold water. . . . about ½ cup of water should be used to moisten the stuffing. The stuffing should be light and moist but never wet. Stuff duck. . . . sew up cavity, tie legs together. Dredge lightly with flour, pepper and salt and place in a hot oven (475 degrees) for 30 minutes. Then reduce heat to moderate and finish roasting, allowing 20 minutes for each pound. Baste every 10 minutes during last half hour of baking. Serve with Sauce Bigarade.

Sauce Bigarade

3 tablespoons drippings
1 tablespoon flour
1 cup brown stock
½ teaspoon salt
½ teaspoon paprika
½ teaspoon sugar
Few grains cayenne
Finely shredded rind of ½ orange
¼ cup strained orange juice

Make the sauce in baking pan after duck is removed to hot platter. Pour off all but 3 tablespoons of drippings, blend in the flour, add hot stock and stir constantly until perfectly smooth. Add salt, paprika, sugar and cayenne and simmer 10 minutes. Remove from fire and add shredded orange rind and

orange juice. The orange rind must be peeled off the orange so there is no white pulp on it, then shred it into pieces to resemble threads. If you happen to have some port wine add 1 tablespoonful to sauce just before serving.

Roast Stuffed Duck

After the duck is drawn remove all pin feathers and singe and wash thoroughly in cold water. Dry on clean towel and fill it with stuffing. Perhaps you have your own recipe for stuffing a duck but here is one that I have found particularly good for domestic duck. Mix 2 cups of cracker crumbs with 1 cup of finely chopped peanuts . . . moisten with one cup of cream and about 3 tablespoons melted butter. Season with a few drops of onion juice, scraped from an onion, salt, pepper and a dash of cayenne. The stuffing should be light and moist but never wet. Tie tail securely with a piece of white string and fasten to crossed drumsticks. Dredge with flour and pepper and salt and place in a hot oven (475 degrees) for thirty minutes, then reduce heat to moderate and finish roasting, allowing twenty minutes for each pound. Baste every ten minutes during last half hour of baking.

Roast Goose, Savory Rice Stuffing

Select a young plump goose. Draw, singe and wash in cold water. Place 1 cored apple and 1 unpeeled gashed orange in cavity. Tie legs securely to body with piece of white cord. Place in a hot oven (500 degrees) for 30 minutes. Remove from oven, untie cord, take out fruit and pour off excess fat. When cool enough to handle fill with rice stuffing made as follows:

Savory Rice Stuffing

2 cups of cooked rice moistened with 2 tablespoons of goose drippings. Add small green pepper, finely chopped, 1 pimento, finely chopped and ½ teaspoon sage. Mix all together and stuff goose. Sew skin together and dredge with ½ cup flour to which ¼ teaspoon salt has been added. Place in hot oven (450 degrees) for 30 minutes, then reduce heat to 300 degrees and finish baking allowing 25 minutes to each pound. Baste with hot water during last 30 minutes of roasting.

Rabbit Stew

Have the butcher cut the rabbit into neat jointed pieces for stewing. Wash the pieces and season with salt, pepper and a tiny bit of mace. Cut four slices of bacon into one inch pieces and fry them in a saucepan. When the fat of the bacon melts put in the pieces of seasoned rabbit and one small onion that has been finely minced and fry over moderate flame until the meat is lightly browned. Then add one quart of warm stock and the following herbs which are to be tied in a muslin bag. Two sprigs of parsley, a piece of lemon peel, three whole cloves and about eight or ten peppercorns. Cover the saucepan and cook slowly over low heat for two or three hours, the time depending on the size of the rabbit. Remove the bag of herbs and enrichen the liquid with one teaspoon of glaze viande (meat extract). Just before serving add two tablespoons of sherry.

Wild Duck

Wild ducks are plucked, singed, the head cut off, drawn and trussed like fowls. They are never stuffed or seasoned as the flavor of the duck is delicious in itself. Canvasbacks, mallards and black duck are always cooked rare, so have the oven very hot when you put the duck in. Cook in the hot oven 20 to 25 minutes. No gravy is served with wild duck but use the natural juice coming from the duck as it is carved.

The average home would not have a press, but all restaurants have them for crushing the carcass of the duck and extracting all the juice. However, when the meat is carved from the duck there will be ample juice providing the duck is cooked rather rare. Serve with current jelly, grilled sweet potatoes and fried hominy. Also a green vegetable and celery salad.

Quail

Small birds are usually served on toast, with gravy and browned bread crumbs which are placed on the plate with the quail. A panada or bread sauce is also a delicious accompanient with quail. Quail may be roasted whole or split and broiled. Rub them well with butter and baste frequently with the melted butter. If they are to be roasted they can be treated

exactly as a roast chicken and stuffed with a chestnut stuffing. Cover the breast with a piece of fat salt pork for the first ten minutes of cooking. Have the oven hot, baste the quail frequently otherwise the meat may be dry. 20 to 25 minutes is ample time to roast a quail. Serve with a rich brown sauce, fried bread crumbs and panada which is made as follows: Stick one small onion with two whole cloves and put it in a saucepan with one pink of milk. . . . bring it to a boil and pour it over three oz. of bread crumbs. Return it to the sauce pan and let it stand in a warm place on the stove until the bread has absorbed the liquid. Remove the onion and clove, beat well with a fork and season to taste with salt and pepper. If panada is too thick dilute it with a little milk, if not thick enough add more bread crumbs. Just before serving add 2 tablespoons of butter cut into small bits. Stir until butter has melted into the panada.

Squabs en Casserole, Printanière

Have 2 jumbo squabs drawn. Singe, wash in cold water and drain. Rub entire surface with soft butter, truss, and put them in a casserole. Set uncovered casserole in hot oven 10 minutes, then add ½ cup raw potato balls, cut with French ball cutter, ½ cup raw carrot balls, about 10 small white onions (uncooked) and ½ cup fresh green peas. Pour 1 cup of seasoned chicken broth over vegetables and squabs, cover casserole, and place in moderate oven to cook until tender. . . . about 1 hour. Remove casserole from oven, enrichen sauce in bottom of casserole with 1 tablespoon of butter and ½ teaspoon beef extract, and stir gently until butter and extract are thoroughly blended into sauce. Serve from earthen casserole.

Broiled Squab, Maitre d'Hotel

Follow directions contained in Broiled Chicken, Maitre d'hotel.

Roast Turkey, Chestnut Stuffing

Singe, wash and remove pin feathers from turkey. Fill with stuffing, sew opening together and truss. Sprinkle turkey with salt and rub over with soft butter. Place it in baking pan,

dredge with flour, lay 2 pieces of salt pork on breast and place it in hot oven (450 degrees) for 10 minutes. Reduce heat to moderate (350 degrees) and baste every 15 minutes until turkey is cooked allowing about 3 hours to cook a medium sized turkey of 8 or 9 pounds. Start basting of turkey with ½ cup of butter melted in ½ cup of hot water and when this has been used up then baste from baking pan.

Chestnut Stuffing

1 quart of chestnuts
2 cups bread or cracker crumbs
¼ pound butter (melted)
¼ cup cream
1 teaspoon salt
Few grains pepper

Cover chestnuts with boiling water and simmer gently until cooked . . . about 35 minutes. Drain, cover with cold water and drain again. Remove shells, mash, season with salt and pepper and stir in the cream and half of the melted butter. Add bread or cracker crumbs and the balance of the melted butter and stir until thoroughly mixed.

Roast Chicken, Sausage Stuffing

Follow directions contained in Roast Turkey. Sear in hot oven (450 dgrees) for 10 minutes. Reduce heat to moderate (350 degrees), baste every 15 minutes and allow 20 minutes for each pound.

Sausage Stuffing

½ pound sausage meat
3 cups stale bread crumbs
1 tablespoon sausage drippings
1 tablespoon melted butter
1 tablespoon finely chopped parsley
1 teaspoon salt
1 teaspoon poultry seasoning
⅛ teaspoon pepper

Cook sausage meat over moderate flame and drain off all fat. Remove from fire, add bread crumbs, parsley and seasoning. Toss lightly until all ingredients are mixed, then add sausage drippings and melted butter to moisten.

Giblet Gravy

After fowl has been removed to hot platter pour off all but 3 tablespoons of drippings remaining in baking pan, add 2

tablespoons of flour and stir until flour and drippings are blended, gradually add 1½ cups of stock in which gizzard, heart and liver have been cooked. Stir until perfectly smooth and bring to a boil, strain into small sauce pan and add finely chopped giblets. To cook giblets cover with boiling water. . . . about 2 cups, add 1 slice of salt pork and simmer until tender.

Fried Chicken, Creamed Gravy

Have a young chicken cut into 8 pieces. Singe, wash in cold water, drain and sprinkle with salt and pepper. Dip in flour and fry in sausage drippings until all sides are nicely browned. When chicken is cooked remove it to hot platter, drain off all the fat in frying pan, add 2 tablespoons of butter, blend in 1 tablespoon flour and gradually add 1 cup of thin cream. Bring to boiling point stirring constantly until perfectly smooth. Season with salt and pepper. Pour sauce in platter with chicken.

Boiled Chicken, Saint-Simeon

Have a fowl or chicken drawn, singe, wash in cold water, drain and truss. Place it in a kettle with some celery tops, 2 sprigs of parsley, 1 small onion and a tiny bit of bay leaf. Cover with boiling water and simmer gently until chicken is cooked. Add 1 tablespoon of salt to kettle 30 minutes before chicken is cooked. A 5 pound fowl will have to simmer 3 to 4 hours before it is tender. A chicken will cook in less time. Remove chicken from kettle, drain and place it on a hot platter. To 1 cup of scalded cream add 2 tablespoons of tarragon butter (see prepared butters) and stir until butter is thoroughly blended with cream. Thicken with 2 egg yolks, slightly beaten with 1 tablespoon cream. Pour sauce over boiled chicken and serve.

Chicken Sauté à la Rector

Have a young chicken cut into 8 pieces. Singe, wash in cold water and dry thoroughly. Season with salt and pepper and sauté in clarified butter until lightly browned. Cover chicken with 1 cup of raw mushrooms which have been chopped into dice, cover pan and place in a moderate oven to finish cooking. . . . about 25 minutes. Keep pan tightly

covered while in the oven. Remove pan from oven and place it over a low flame, add 2 tablespoons sherry and stir in ¾ cup scalded cream. Thicken sauce with 1 egg yolk. Remove chicken from pan and arrange in crown shape on a hot platter. In the midst of the crown arrange several thin slices of Virginia ham rolled horn-shape to hold small bunches of hot asparagus. Pour the sauce over chicken and sprinkle over sauce 2 tablespoons of finely chopped truffles.

Chicken à la King

Remove the entire breast from a cold boiled fowl and slice it into pieces about ¼ inch thick and 1½ inches in diameter. Melt 1 tablespoon of butter, blend in 1 tablespoon flour and gradually add ½ cup of hot chicken stock and stir until thoroughly blended. Then add 1 cup of scalded cream and bring to the boiling point. Add ½ cup sliced mushrooms which have been cooked in butter, 1 tablespoon of diced pimento and 1 tablespoon diced truffles. Add 2 egg yolks to thicken sauce and do not allow to boil after egg yolks have been added. Add fowl to sauce and hold over hot water 5 minutes until fowl is thoroughly heated.

Broiled Chicken, Maitre d'Hotel

Have a young chicken (broiler) split for broiling. Singe, wash in cold water and dry thoroughly. Season with salt and pepper, rub with soft butter and fasten tip of wing under shoulder blade. Broil under moderate flame until nicely browned and baste several times during the broiling. Remove to hot platter, skin side up, spread with maitre d'hotel butter, and garnish with parsley. (See prepared butters.)

Chicken Pie à la Rector

Have a fowl or chicken disjointed into pieces. Singe, wash in cold water and remove all pin feathers. Put in a stew pan, add 6 pieces of diced salt pork, 1 clove of garlic, 1 small onion, 2 sprigs of parsley, a few celery tops and boiling water to cover. Simmer gently until chicken is tender. Season with salt when chicken is half cooked. When fowl is cooked carefully lift it into a hot dish while making the gravy. Strain chicken stock,

(there should be about 4 cups) and skim off fat. In another saucepan melt 3 tablespoons butter, blend in 3 tablespoons flour and gradually pour on the hot chicken stock, stirring constantly until perfectly smooth. Bring to a boil and season to taste with salt and pepper. Arrange chicken in a baking dish, remove as many of the small frame bones as possible, add cooked diced salt pork, 1 cup of boiled potatoes, which have been cut ball shape with a French cutter, ½ cup boiled sliced carrot and about ½ cup of boiled white onions. Pour gravy over the chicken and vegetables and cool before covering with pie crust. Meat pies only have a top crust, so therefore a rim must be put around edge of baking dish. Wet edge of rim with cold water and make a slight impression to hold edges together. Make a few incisions in top crust to allow escape of steam. Bake in moderate oven (350 degrees) until crust is nicely browned.

Pie Crust

1½ cups of flour
½ teaspoon salt
½ cup shortening
Cold water (about 4 tablespoons)

Sift flour and salt and cut in shortening until it is well distributed. Add gradually sufficient water to make stiff paste. Toss on floured board, pat and roll out.

Breast of Chicken, Melba

Individual cassolette earthen dishes with glass bell-shaped covers are necessary for this recipe. With a sharp knife remove the two breasts from a broiler; season with salt and a few grains of cayenne pepper. Butter cassolette dishes and lay a round piece of toast in each one, cover each piece of toast with a thin slice of cooked Virginia ham and place the raw chicken breast on top of ham. Pour ¼ cup cream over each chicken breast, add 3 or 4 peeled mushrooms and a few slices of truffles. Cover with glass bell and place in a moderate oven to cook 35 to 40 minutes. Add a little more cream to cassolette while cooking as toast will absorb quite a quantity and there should be about 2 tablespoons of cream in dish when it is served. When adding cream do not remove cover from cassolette but pour it in from the side of the dish. Covers are removed at table when dish is served.

Chicken Livers en Brochette

Cut chicken livers in halves. Cut sliced bacon in one inch pieces. Fill skewers with alternate pieces of chicken liver and bacon. Place a medium sized mushroom on the end of each skewer, dip in melted butter and roll in bread crumbs. Broil under moderate flame, basting occasionally and turn skewers until all sides are browned. Season with salt and pepper and garnish with sprigs of parsley.

Rissoles

Roll puff paste to ⅛ inch thickness and cut in rounds three inches in diameter.

Chicken Filling

1 cup finely chopped cooked chicken
½ cup finely chopped cooked ham
3 tablespoons butter
3 tablespoons flour
1 cup scalded milk
Salt and pepper

Make a thick white sauce by melting butter, blending flour and gradually add hot milk. Bring to boiling point and let boil 2 minutes. Add finely chopped cooked chicken to white sauce and season to taste with salt and pepper. Place 1 tablespoon of the creamed chicken mixture on a round of puff paste, moisten edge with cold water and lay another round of puff paste on top. Press edges together, place on a baking sheet which has been covered with two thicknesses of brown paper and bake in a hot oven. Serve with a well seasoned tomato sauce. (See index on sauces.) Smaller rissoles may be made by using only one round of puff paste and folding like a turnover.

SAUCES

Volumes could be written about sauces, especially when one is interested in the French cuisine. The French chefs have made a serious study of sauces. Their pot-au-feu is a big asset, and it is created through thrift in the kitchen. It is a well known fact that fish, poultry and meats are cooked sautéd in France, while their neighbor across the Channel cooks by broiling on a spit. To sauté is to cook in the frying pan, and it is the essence which remains in the pan that is the foundation of the sauce.

White Sauce

1 tablespoon butter
1 tablespoon flour
¼ teaspoon salt
Few grains pepper
1 cup scalded milk

Melt butter, blend in flour, salt and pepper, gradually add milk and stir until perfectly smooth. Bring to boiling point and let boil 2 minutes.

Cream Sauce

1 tablespoon butter
1 tablespoon flour
¼ teaspoon salt
Few grains pepper
1 cup scalded cream

Melt butter, blend in flour, salt and pepper, gradually add cream and stir until perfectly smooth. Bring to boiling point and let boil 2 minutes.

Béchamel Sauce

1½ cups white stock
1 sprig parsley
6 celery leaves
½ small onion
¼ bay leaf
6 peppercorns
3 tablespoons butter
3 tablespoons flour
1 cup scalded milk
¼ teaspoon salt
Few grains cayenne
Few grains nutmeg

Cook white stock with parsley, celery leaves, onion, bay leaf and peppercorns until quantity is reduced to 1 cupful. Strain, melt butter, blend in flour and seasonings and gradually add the strained white stock and scalded milk. Bring to boiling point and let boil 2 minutes. Strain sauce through a fine strainer before using.

Curry Sauce, American

2 tablespoons butter
1½ tablespoons flour
1 tablespoon curry powder
¼ teaspoon salt
1 cup hot white stock
1 egg yolk
2 tablespoons heavy cream

Melt butter, blend in flour, curry powder and salt. Gradually add hot stock and bring to the boiling point. Let boil 2 minutes, remove from fire and add egg yolk slightly beaten with cream.

Mornay Sauce

3 cups cream sauce
¼ cup grated Parmesan cheese
¼ pound sweet butter
¼ cup grated Gruyere cheese
Few grains cayenne pepper
Salt

Place saucepan containing Cream Sauce in a very hot oven until a brown crust has formed on top. Remove from oven, discard brown crust, beat sauce with wire whisk while adding small bits of butter, alternating with both kinds of grated cheese. It is important that the butter and cheese are immediately whipped into the cream sauce as the intense heat of the sauce must melt not only the butter but the two kinds of grated cheese. Season with cayenne and add salt to taste. Strain through a fine seive. A delicious sauce to serve with poached fish fillets, poached eggs, various vegetables or sliced cooked chicken. After food is covered with Mornay sauce place it in a moderate oven until lightly browned.

Brown Sauce

4 tablespoons butter
1 tablespoon chopped onion
1 tablespoon chopped carrot
1 sprig parsley
1 sprig thyme
1 small bay leaf
10 peppercorns
4 tablespoons flour
2 cups brown stock

Melt butter, add onion, carrot, parsley, thyme, bay leaf and peppercorns and cook until well browned but do not allow the butter to burn. Stir in the flour and when well browned add the brown stock. Bring to the boiling point and let boil 2 minutes. Remove from fire, strain and season to taste with salt and pepper.

Piquante Sauce

1 cup Brown Sauce
2 tablespoons tarragon vinegar
1 teaspoon shallot, finely chopped
1 tablespoon capers, finely chopped
1 tablespoon vinegar pickle, finely chopped
Few grains cayenne.

Add vinegar, shallots, capers, vinegar pickle and cayenne to Brown Sauce. Hold over low heat 15 minutes before serving.

Creole Sauce

1½ cups canned tomatoes
1 green pepper, thinly sliced
1 medium onion, thinly sliced
½ cup Brown Sauce
½ cup mushrooms, thinly sliced
1 tablespoon butter
1 tablespoon flour

Cook tomatoes, green pepper, onion and mushrooms together 10 minutes. Add Brown Sauce and cook 2 minutes longer. Thicken with butter and flour which has been creamed together.

Tomato Sauce

2 cups canned tomatoes
½ small onion
1 sprig parsley
½ bay leaf
½ clove garlic
10 peppercorns
¼ teaspoon salt
1 teaspoon sugar
3 tablespoons butter
3 tablespoons flour

Cook tomatoes, onion, parsley, bay leaf, garlic, peppercorns, salt and sugar together 20 minutes. Rub through a seive and thicken sauce by adding it to butter and flour which have been blended together. Bring to boiling point and let boil 2 minutes.

Sauce Italienne

1 cup thinly sliced mushrooms
5 shallots, finely chopped
2 tablespoons butter
4 tablespoons white wine
1 cup Brown Sauce
1 cup Tomato Sauce
1 tablespoon butter
1 tablespoon parsley, finely chopped.

Cook mushrooms and shallots with 2 tablespoons butter for 5 minutes. Add wine and cook 5 minutes longer, then add Brown Sauce and Tomato Sauce and bring to the boiling point. Let boil 2 minutes, remove from fire and stir in 1 tablespoon butter and finely chopped parsley.

Velouté Sauce

2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
Few grains cayenne pepper
1 cup white stock

Melt butter, blend in flour, salt and cayenne, gradually add hot white stock and stir until perfectly smooth. Bring to boiling point and let boil 2 minutes. Strain sauce through a fine strainer before using.

Sauce Soubise

1 cup Velouté Sauce
3 medium sized onions, sliced
½ cup cream
1 tablespoon butter
Salt

Cover onions with boiling water and cook until soft. Drain, rub onion pulp through a seive into the Velouté Sauce, add cream and stir until the boiling point is reached. Remove from fire and stir in butter. Season to taste with salt.

Celery Sauce

1 cup Velouté Sauce
2 cups celery, thinly sliced
3 tablespoons cream
1 tablespoon butter

Cover celery with boiling salted water and cook until soft. Drain, force pulp through seive into Velouté Sauce. Bring to boiling point, stir in cream, remove from fire and add butter in small bits. Season to taste with salt.

Villeroi Sauce

Follow recipe for Velouté Sauce, bring to boiling point and thicken with 2 slightly beaten egg yolks. Remove from fire and add 1 tablespoon finely chopped chives and 4 tablespoons minced cooked mushrooms.

Sauce à la Normande

Follow recipe for Velouté Sauce, add 4 tablespoons strong fish stock, 4 tablespoons white wine and bring to boiling point. Thicken sauce with 2 slightly beaten egg yolks, remove from fire, stir in 1 tablespoon butter and the juice of half a lemon. Strain sauce through fine seive and serve.

Sauce Allemande

2 tablespoons butter
2 tablespoon flour
¼ teaspoon salt
Few grains cayenne
Few grains nutmeg
1 cup chicken stock
¼ cup cream
1 egg yolk
1 teaspoon lemon juice

Melt butter, blend in flour and seasonings, gradually add hot chicken stock and cream. Bring to boiling point and let boil 2 minutes. Add slightly beaten egg yolk, remove from fire and stir in the lemon juice. Strain sauce through a fine strainer before using.

Parsley Sauce

Follow recipe for Sauce Allemande. Add 2 tablespoons finely chopped parsley to sauce as it is removed from the fire.

Sauce Poulette

Follow recipe for Sauce Allemande. Add ½ cup sliced cooked mushrooms.

Curry Sauce, Indienne

¼ pound butter
3 medium sized onions, chopped
¼ pound raw ham, chopped
½ teaspoon celery salt
20 peppercorns
3 cloves
Pinch of thyme
¼ teaspoon salt
2 tablespoons curry powder
1 quart white stock
3 egg yolks
½ pint cream

Cook chopped onions in butter until lightly browned. Add chopped ham, celery salt, peppercorns, cloves and thyme. Let cook over low heat 15 minutes, then add salt and curry powder. Stir ingredients, gradually add hot white stock, and cook 20 minutes longer. Strain through a double thickness of cheese cloth, add cream, bring to a boil and thicken with slightly beaten egg yolks. Do not allow sauce to boil after yolks are added.

Cheese Sauce

3 tablespoons butter
3 tablespoons flour
¼ teaspoon salt
Few grains pepper
1½ cups scalded milk
1 cup grated American cheese

Melt butter, blend in flour, salt and pepper, gradually add milk and stir until perfectly smooth. Bring to boiling point and let boil 2 minutes. Remove from fire and gradually beat in the grated cheese.

Egg Sauce

2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
Few grains pepper
1 cup hot fish stock
2 hard-boiled eggs (chopped)
1 teaspoon finely chopped parsley

Melt butter, blend in flour, salt and pepper, gradually add hot fish stock and stir until perfectly smooth. Bring to boiling point and let boil 2 minutes. Add chopped eggs and parsley.

Oyster Sauce

1 pint oysters and liquor
2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
Few grains pepper
1 cup milk

Wash oysters, strain liquor over them and cook 5 minutes. Melt butter, blend in flour, salt and pepper, gradually add hot milk, oyster liquor and oysters. Bring to the boiling point and let boil 2 minutes.

Anchovy Sauce

2 tablespoons butter
2 tablespoons flour
⅛ teaspoon salt
Few grains pepper
1 cup hot fish stock
2 tablespoon Anchovy butter

Melt butter, blend in flour, salt and pepper, gradually add hot fish stock and stir until perfectly smooth. Bring to boiling point and let boil 2 minutes. Add Anchovy butter bit by bit, stirring until it is thoroughly blended with the sauce. (See prepared butters.)

Fish Stock

1½ pounds fish (flounder, blackfish or red snapper)
1 cup oyster liquor
1 cup cold water
½ small onion, sliced
1 small carrot, sliced
1 sprig parsley
10 peppercorns
¼ teaspoon salt
¼ bay leaf

Have fish cut into small pieces but do not remove head or bones. Cover with cold water and oyster liquor and add the

rest of the ingredients. Bring to boiling point and simmer 30 minutes. Strain stock before using.

Fish Velouté

3 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
Few grains cayenne
1 cup hot fish stock
1 teaspoon lemon juice

Melt butter, blend in flour, salt and cayenne, gradually add hot fish stock and stir until perfectly smooth. Bring to boiling point and let boil 2 minutes. Add lemon juice and strain through a fine strainer before using.

Hollandaise Sauce

4 egg yolks
½ cup sweet butter (melted)
¼ teaspoon salt
Few grains cayenne
¾ cup boiling water
2 tablespoons strained lemon juice

Beat egg yolks, gradually add melted butter, seasonings and boiling water. Put into top part of double boiler and cook over water until sauce thickens. When sauce thickens remove immediately from fire as too much heat or fire will cause Hollandaise to separate. Stir in lemon juice and serve. If Hollandaise separates the sauce may be brought together by working it into ¼ cup of thin cream sauce (hot), and remove from fire immediately.

Mousseline Sauce

1 cup Hollandaise Sauce
½ cup whipped cream

Gradually beat whipped cream into Hollandaise Sauce.

Figaro Sauce

1 cup Hollandaise Sauce
¼ cup thick Tomato Sauce
1 tablespoon finely chopped parsley

Gradually beat Tomato Sauce and chopped parsley into Hollandaise Sauce.

Sauce Béarnaise (Hollandaise)

2 shallots, finely chopped
Sprig thyme
¼ bay leaf
2 sprigs parsley
10 peppercorns, crushed
12 green tarragon leaves
4 tablespoons vinegar
1 cup Hollandaise Sauce
½ tablespoon tarragon leaves, finely chopped
½ tablespoon parsley, finely chopped

Cook shallots, thyme, bay leaf, parsley, crushed peppercorns and tarragon leaves with vinegar until quantity is reduced to one-half. Strain, add to Hollandaise Sauce and stir in finely chopped tarragon leaves and finely chopped parsley.

Sauce Béarnaise

6 shallots, finely chopped
Few branches green tarragon
12 peppercorns, crushed
1 cup vinegar
4 egg yolks
½ cup melted butter
½ teaspoon tarragon leaves, finely chopped
½ teaspoon parsley, finely chopped

Add shallots, tarragon branches and crushed peppercorns to vinegar and boil in uncovered saucepan until vinegar is reduced to one quarter of original amount. Strain, gradually add to slightly beaten egg yolks and cook over hot water until mixture thickens. Stir constantly with wire whisk and gradually add melted butter. When thoroughly blended and thick remove from fire and add finely chopped tarragon leaves and finely chopped parsley.

Babcock Sauce

3 tablespoons butter
1 tablespoon flour
½ teaspoon English mustard
1 cup clam liquor, strained
¼ teaspoon salt
½ teaspoon black pepper, coarsely ground

Melt butter, blend in flour and English mustard, gradually add clam liquor and bring to boiling point. Let boil 2 minutes, add salt and freshly ground black pepper. Freshly ground black pepper is the secret of Babcock Sauce. Grind whole black peppercorns in a small pepper mill until you have the desired quantity. Sauce should be heavily flecked with black pepper.

Mignonette (Spiced Sauce for Oysters)

½ cup tarragon vinegar
1 tablespoon shallots, finely chopped
20 peppercorns, crushed
1 teaspoon parsley, finely chopped.
1 teapsoon mustard seed

Mix ingredients together. Serve with oysters on the half shell.

Cumberland Sauce

In gathering material for "A Cook's Tour," which appeared in The Saturday Evening Post I was fortunate to obtain this recipe from the chef of the famous Simpson's restaurant on the Strand, London, England. A delicious sauce to serve with cold cuts.

- 3 tablespoons red currant jelly
- 2 tablespoons port wine
- 2 tablespoons orange juice
- 1 tablespoon lemon juice
- 1 teaspoon mixed mustard
- 1 teaspoon paprika
- ½ teaspoon ground ginger
- 3 tablespoons orange rind, finely shredded

Melt jelly over low fire until liquid. Cool, add port wine, orange juice, lemon juice, mustard, paprika, ground ginger and orange rind which has been covered with cold water, brought to a boil and drained.

Bordelaise Sauce

- 2 shallots, finely chopped
- ½ small onion, finely chopped
- 1 small carrot, sliced
- 1 sprig parsley
- ¼ bay leaf
- 10 peppercorns
- 1 cup Brown Sauce
- ½ cup dry red wine (4 oz.)
- 1 tablespoon butter
- 1 tablespoon lemon juice
- 1 tablespoon parsley, finely chopped
- 10 slices poached beef marrow (cut ¼ inch thick)

Cook shallots, onion, carrot, parsley, bay leaf and peppercorns with red wine until quantity is reduced to one-half. Strain, add wine to hot Brown Sauce. Add butter bit by bit and when throughly blended stir in the lemon juice, finely chopped parsley and poached marrow. *Poached Marrow.* Carefully remove marrow from marrow-bones, slice, and poach in boiling salted water for 5 minutes. Keep water at simmering point while poaching marrow.

Mint Sauce

- ½ cup mild vinegar
- 1 tablespoon powdered sugar
- 2 tablespoons finely chopped mint

Dissolve powdered sugar in vinegar. When dissolved pour it over finely chopped mint. Let stand 30 minutes before using.

Caper Sauce

3 tablespoons butter
3 tablespoon flour
½ teaspoon salt
⅛ teaspoon pepper
1½ cups hot mutton stock
2 tablespoons butter
½ cup capers
1 teaspoon lemon juice

Melt butter, blend in flour, salt and pepper, gradually add hot stock which has been skimmed and strained. Boil 5 minutes, remove from fire and add 2 tablespoons butter broken into small pieces, and capers drained from their liquor and moistened with lemon juice.

Sauce Colbert

1 tablespoon beef extract
1 cup water (hot)
⅛ pound butter
Juice of 1 lemon
Few grains nutmeg
2 tablespoons sherry
1 teaspoon finely chopped parsley

Dissolve beef extract in boiling water and let boil 2 minutes. Remove from fire, add butter bit by bit, beating constantly with wire whip until butter is thoroughly blended with sauce . . . Add lemon juice, nutmeg and sherry. Strain sauce through a fine seive, then add finely chopped parsley and serve. This sauce may be varied by using 1 teaspoon finely chopped green tarragon leaves instead of parsley.

VEGETABLES

Canned food comes in handy during an emergency but I would not recommend it seven days a week. The Southern and Pacific Coast States ship us fresh vegetables and fruit in great abundance and we should avail ourselves of this wonderful opportunity of having fresh supplies from sunny climes. We have many varieties in the market, grown to perfection by progressive gardeners who were helped largely by the life work of Luther Burbank on selectivity. Perhaps the most interesting new vegetable is the Italian marrow, picked from the vine when it is two days old. Broccoli holds its own as a table delicacy and since it is a member of the cauliflower family it can be cooked and served like cauliflower. Brocolli is especially good with Hollandaise and fine in a salad with a well seasoned French dressing.

Special Baked Potato, Rector

Just a little more extra work is going to make this baked potato a real treat. Bake large Idaho potatoes in moderate oven until cooked about one hour. Cut a large oval piece of skin from the broadside of the potato and scrape all the potato from the shell into a warm bowl. Be careful in handling the shells as they are to be used again. Season with salt, pepper, paprika and mash with fresh cream. Sprinkle some finely chopped chives into potatoes while mashing them. Refill potato shells with the mixture and put them in a hot oven to brown. In filling the shells do not pack the potato in tight but allow some of it to come up over where potato was cut. Serve immediately.

Potatoes au Gratin

This recipe is to be made from hot boiled potatoes. This may sound odd but try it, as the result will be softer fluffier potatoes than cold potatoes warmed in a hot sauce. For every 2 cups of hot chopped potatoes allow 1½ cups of Velouté sauce made as follows: Melt 2 tablespoons butter, blend in 1½ tablespoons flour and gradually add 1½ cups of chicken broth (strained), stirring constantly until smooth and boiling point is reached. Add potatoes to sauce, season with salt and

pepper and pour into a shallow casserole. Sprinkle top with grated cheese and bake in a moderate oven until browned.

Hollandaise Potatoes

Wash and pare potatoes of uniform size into oval shape about 2 inches long and 1 inch in diameter. Cook them in boiling salt water, drain, cover saucepan with cloth until time of service.

Boiled Parisian Potatoes

Wash and pare large potatoes. Cut in small balls using a French vegetable cutter. Cook them in boiling salted water, drain, add a piece of fresh butter and carefully shake pan until potatoes have absorbed butter. Sprinkle with finely chopped parsley.

Browned Parisian Potatoes

Wash and pare large potatoes. Cut in small balls using a French vegetable cutter and parboil 10 minutes in boiling salted water. Drain, sauté in butter until lightly browned.

Potatoes Bayonne

Wash and pare 6 medium sized potatoes and drop them into cold water to freshen for 30 minutes. Cook in boiling salted water until soft. Drain, keep the saucepan uncovered for 2 or 3 minutes to allow escape of steam. Force the hot potatoes through a potatoe ricer or a coarse strainer into another saucepan. Moisten with 3 tablespoons of strong clear white stock and 3 tablespoons of cream. Season with salt, pepper and a speck of nutmeg and beat with a fork until light and creamy. In the meanwhile fry 2 chopped shallots in 1 tablespoon of butter until soft but do not let them turn brown. Add this to the potatoes along with 1 teaspoon of finely chopped parsley, ¼ pound of cooked ham cut into tiny squares of about a quarter of an inch and 2 slightly beaten egg yolks. Beat all together until thoroughly mixed. Now set aside one eighth part of this preparation and form the remainder dome-shaped on a shallow baking dish. To the eighth reserved part add 2 egg yolks which have been beaten with 1 tablespoon of cream. Mix well and then fold in 2 egg whites which have been stiffly beaten. Cover the potato dome with this lighter

potato mixture and sprinkle finely buttered bread-crumbs over top. Set in a moderate oven until nicely browned. Very delicious.

Scalloped Potatoes

Wash and peel the required number of potatoes and slice in ⅛-inch thickness. Butter a baking dish and cover bottom with a layer of sliced potatoes. Sprinkle lightly with salt, pepper and flour and dot with several small pieces of butter. Continue layers of potatoes and seasonings until required quantity is used up. Then pour milk over all and bake in a moderate oven 50 minutes. Serve from baking dish in which they were cooked.

Rissolée Potatoes

Wash and pare potatoes of uniform size into oval shape. Cover with cold water and let stand 15 minutes, drain and dry on towel. Put potatoes in baking pan with meat about 45 minutes before roast is cooked. Baste and turn during the cooking. Drain on brown paper and sprinkle liberally with salt.

O'Brien Potatoes

Cut cold boiled potatoes into small cubes of uniform size and sprinkle lightly with flour. To every cup of cubed potatoes add ¼ cup finely chopped pimientos. Fry in hot butter until potatoes are nicely browned. Remove to hot dish and sprinkle top with finely chopped parsley.

Potatoes Anna

Wash and pare potatoes. Cut them in slices one-eighth of an inch thick and an inch and one-half in diameter. Cover with cold water and let stand 15 minutes, drain and dry on towel. Butter a shallow copper casserole and sprinkle lightly with fine bread crumbs, arrange a layer of sliced potatoes on the bottom, having the slices overlap each other. The bottom layer becomes the top when the potatoes are turned out of the casserole so arrange them nicely. Cover the layer with soft butter and continue to build layers of potatoes and butter until two inches high. Cover casserole and place in a moderate oven to cook for one hour. Uncover casserole, place a large dish

over top, invert carefully and now we have Potatoes Anna cooked to a golden brown.

French Fried Potatoes

Wash and pare potatoes of uniform size. Cut lengthwise into strips, about sixteen to a potato. Soak in cold water one hour, drain, dry on towel, put potatoes in frying basket and fry in deep hot fat or oil until browned. Temperature of fat or oil should be about 370 degrees or hot enough to brown a cube of bread in one minute. Drain potatoes on brown paper and sprinkle liberally with salt.

Green Corn, Rector

Cover corn on the cob with boiling salted water and cook ten to fifteen minutes. Cut corn off cob by taking a sharp knife and cutting down through the center of the kernels. Scrape corn off cob leaving as many of the kernel shells on the cob as possible. To every 2 cups of corn add 1 cup of cream sauce, 4 tablespoons finely chopped pimientos and 4 tablespoons finely chopped green pepper which have been blanched by covering with boiling hot water. Pour into a buttered gratin dish, sprinkle top with fine bread crumbs and grated Parmesan cheese; dot with small bits of butter and place in moderate oven to brown.

Brussel Sprouts au Beurre Noir

Wash 1 quart brussel sprouts in cold water and remove wilted leaves and stems. Cover with boiling salted water and cook 10 to 15 minutes. Drain, melt 4 tablespoons butter and let it become brown, remove from fire and add 2 tablespoons vinegar. Pour over brussel sprouts and serve.

Cauliflower, Sauce Mornay

Cover a whole cauliflower with boiling salted water and cook until tender. Drain, place cauliflower in baking dish and cover with 1 cup of Mornay Sauce (see index on sauces). Place in moderate oven until lightly browned.

Creamed Mushrooms on Toast

Peel one pound of mushrooms leaving a half-inch stem on each one. Cook them in a frying pan with fresh butter and stir them around until they are all an even brown. Season with

salt and pepper and dredge with 1 tablespoon of sifted flour. Pour 1 cup of thin cream over them and cook five minutes longer. Serve on fresh toast.

Mushroom Bouchées

Select the extra large sized mushrooms for this recipe. Peel the caps and remove the entire stem from 6 large mushrooms. Chop the stems up fine and cook them in 2 tablespoons of butter, add 1 tablespoon of finely chopped shallot, 2 tablespoons of bread crumbs, 2 tablespoons of finely chopped cooked chicken, and 1 teaspoon of finely chopped parsley. Moisten with meat stock and fill the mushroom caps with the mixture. Cover top with fine bread crumbs mixed with an equal quantity of grated cheese. Dot mushrooms with a small piece of butter and place on a greased baking pan to cook in the oven for 15 to 20 minutes.

French Fried Mushrooms

Select mushrooms of large uniform size. Peel caps, and leave one-half inch stem on each mushroom. Dip in light batter and fry in deep hot fat or oil until lightly browned. Drain on brown paper and sprinkle with salt. *Light Batter.* ½ cup flour, 1 teaspoon baking powder, ¼ teaspoon salt, ¼ cup milk and 1 egg. Mix and sift dry ingredients, add milk gradually, and egg well beaten. This is another specialty of Madam Schoener's restaurant in Vienna.

Mushrooms Sous Cloche (Under Glass Bell)

Individual baking dishes with glass bell-shaped covers are necessary for this recipe. Cover bottom of individual baking dishes with lemon butter (see prepared butters). Put a small circular piece of toast in baking dish, cover with peeled mushroom caps and build the mushrooms up high toward the center. Pour enough cream around toast to cover bottom of baking dish, cover with glass bell and place in a moderate oven to cook for 30 minutes. Add a little more cream to dish while cooking as toast will absorb quite a quantity and there should be about 2 tablespoons of cream when dish is served. Bell dishes are sent from oven to table and covers removed at the table.

Asparagus, Buca Lapi

This is a specialty of the Buca Lapi restaurant in Florence, Italy. Wash asparagus in cold water, trim lower part of stalks and tie together with piece of white string. Cover with boiling salted water and cook until soft, about 20 minutes. Drain, arrange asparagus on hot plates, pour some hot melted butter over tips, sprinkle tips with grated Parmesan cheese and serve.

Asparagus Hollandaise

Follow directions for boiling asparagus in above recipe. Drain, arrange asparagus on hot plates and pour sauce on the side. (See index on sauces.)

Artichokes, Ulpia

Select large artichokes of uniform size. Cut off stems and remove some of the bottom leaves. Soak in cold water 1 hour, drain, and cover with boiling salted water, add 1 clove of crushed garlic, the juice of 1 lemon and 4 tablespoons of olive oil. Cook until artichokes are soft, about 45 minutes. Carefully remove from water, and turn upside down to drain. Gently open artichoke by spreading center leaves and remove choke which is located in the center. Serve Hollandaise Sauce separately. (See index on sauces.)

Spinach en Casserole

Wash the spinach in several waters using a large receptacle so the spinach will rise to the top and the dirt or sand will sink to the bottom. Cut off the roots but leave the stem on the leaves. Pick over carefully and when perfectly clean pack into a covered casserole dish and place in a moderate oven to cook for 20 or 30 minutes. Do not hesitate to pack it tight as it will cook down considerably. Add no water to the casserole as there will be sufficient water on the leaves and stems to create steam enough to cook it. Chop slightly and season with salt, pepper and butter. This recipe or method is especially good for children as it is rich in lime of calcium and iron, due to the fact that the spinach has cooked in its own juices and no water has been drained off.

Spinach à la Créme

Wash and pack the spinach into a saucepan and add just enough water to cover the bottom of the pan so the spinach will not burn. Add a little salt to the water and cook about 15 minutes. Chop finely and if there is any juice remaining reduce it by cooking over a high flame. Add enough thick cream to moisten and season with salt and pepper.

Spinach à la Noailles

Wash and cook the spinach in just enough water to cover bottom of pan. Chop it finely and force it through a coarse seive into another saucepan. Add a piece of fresh butter and stir constantly over moderate fire until all moisture is evaporated, then, sprinkle lightly with flour and moisten with chicken or veal stock adding a little glaze viande (meat extract) at the same time. Season with salt and a very little nutmeg and just before serving stir in a piece of fresh butter.

Cauliflower au Gratin

This is a particularly nice vegetable to serve with roasts or plain broiled meats.

Trim all the outer green leaves off a medium sized cauliflower and wash well in cold water. Drop into boiling salted water (stem end downward) and cook until tender. Drain carefully in a colander taking care not to break off any of the flowerettes. Place the cauliflower in an oven dish or casserole and pour a cupful of cream sauce over it. Have another cupful of cream sauce into which has been added four tablespoons of grated Parmesan cheese and the same amount of dried bread crumbs. Pour this over the cauliflower and brown in a moderate oven. Serve in the dish in which it was baked.

Steamed Winter Squash

In selecting winter squash be sure that it is heavy for its size. Cut a winter squash into small pieces. Remove all seeds and pulpy part. Steam over boiling water until soft. Scrape from shell and mash with butter and season with a little salt and pepper.

Baked Stuffed Tomatoes

Select 6 firm tomatoes of uniform size. Core out the center with a sharp knife and prepare the stuffing as follows: Put

into a large mixing bowl the pulp of the tomatoes which you have just removed, add ½ medium sized onion, finely chopped, ⅛ teaspoon mixed herbs, 1 cup cold cooked meat, finely chopped, (ham, tongue, chicken or veal) and 1 cup of stale bread crumbs. Moisten with melted butter and season with salt, pepper and paprika. Mix well and stuff the tomatoes with the mixture, place on a greased baking pan to cook in the oven 20 to 30 minutes.

Summer Squash au Gratin

4 lbs. squash
¼ cup butter
½ teaspoon salt
⅛ teaspoon pepper
¼ cup grated onion
¾ cup buttered bread crumbs

Break squash into small pieces. Remove seeds and fibers and wash in cold water. Place in a steamer, cover tightly and steam until tender. Scrape squash from shell, mash and season with butter, salt and pepper. Arrange layers of squash, grated onion and bread crumbs in a buttered casserole. Finish with layer of bread crumbs on top. Bake in a moderate oven (350 degrees) 30 to 35 minutes.

Braised Celery

Trim off outer stalks and leaves of celery. Split each heart in halves. Cook 1 tablespoon of chopped onion in 2 tablespoons of butter until onion is soft, about 5 minutes, arrange the split hearts of celery on top, moisten with beef stock, cover pan and cook over very low heat 20 minutes or until celery is soft. Add ½ teaspoon beef extract to pan and blend it in with the beef stock and baste top of celery. Place pan in moderate oven, uncovered, add a few small bits of butter and cook until celery has absorbed most of the liquid. Baste celery once or twice while it is in the oven.

Braised Endive

Follow directions in above recipe, using endive instead of celery.

Braised Lettuce

Select small solid hearts of lettuce. Scald with boiling veal stock, drain and cool. Press sides of lettuce gently and lay them in a baking pan (pressed sides down), dot with butter

and moisten with ½ cup of veal stock which has been enrichened with ½ teaspoon beef extract. Place pan in moderate oven, baste occasionally and cook until lettuce has absorbed most of the liquid.

String Beans

Wash beans in cold water and remove strings. Cut each bean lengthwise in halves, opposite the string side. Cover with boiling salted water and cook until beans are soft, 30 to 45 minutes. Drain, add a piece of fresh butter and season with salt and pepper.

New Lima Beans

Shell limas and cover with cold water 20 minutes. Drain, cover with boiling salted water and cook until soft, 20 to 30 minutes. Drain, add a piece of fresh butter and season with salt and pepper.

New Peas

Shell peas and cover with cold water 20 minutes. Drain, cover with boiling salted water and cook until soft, 20 to 30 minutes. Drain, add a piece of fresh butter and season with salt and pepper.

Haricots Panaché

This is a combination of three fresh green vegetables and was a specialty of Rector's restaurant. Combine equal portions of new string beans, new lima beans and new green peas which have been cooked separately in boiling salted water. When vegetables are drained, season with salt and pepper, add cream to cover, heat and serve.

Pea Loaf

Pick over the dried peas and soak in cold water over night. Drain and start to cook in cold water with a small sprig of mint. Drain and rub the peas through a seive. To every 2 cups of seived peas add 1 cup of bread crumbs, 1 egg slightly beaten, 1 teaspoon of chopped onion, salt and pepper to taste and 1½ cups of rich milk. Turn into a buttered mold and bake in a moderate oven (325 degrees) for forty-five or fifty minutes. Turn from mold and serve with cream sauce.

Carrots Vichy

Wash and scrape new carrots of uniform size. Cover with boiling water and cook until tender, add a little salt to the boiling water and 1 small bay leaf. Drain and when cool enough to handle slice them in thin slices, almost wafer like. Melt a piece of butter in a frying pan and when hot add the sliced carrots to brown. Turn them carefully to brown on all sides. Remove to hot dish and sprinkle with finely chopped parsley.

Glazed Carrots

Wash, scrape and cut the carrots ball shape using a French vegetable cutter. Cook them in boiling salted water until soft . . . . about 20 minutes. Drain, melt 4 tablespoons butter in frying pan and add 4 tablespoons of granulated sugar. When well blended add the drained carrots and cook until browned and glazed. Carefully turn while cooking to obtain an even glaze.

Creamed Carrots and Parsnips

Wash, scrape, and cut the carrots in uniform size. Drop them into boiling salted water and cook until tender. Fifteen or twenty minutes should be ample time. Also wash and scrape the parsnips and cut them into small pieces and start them to cook in boiling salted water. Do not cook both vegetables in the same water but use two different saucepans for this purpose. We want the individual flavor of the carrots and parsnips and if they were both cooked in the same water the parsnip flavor would predominate. When carrots and parsnips have cooked until tender drain off the water and put the vegetables into a cream sauce. (See sauces.)

Beets, Home Style

Cover the beets with boiling water and cook until soft. The time required for cooking depends entirely on the size and age of the beets. Skin the beets while hot by holding them under cold water. Slice the beets and keep them hot while you make the following sauce to pour over them. Mix ¾ cup sugar with ½ tablespoon corn starch. Add ½ cup of vinegar, 6 whole cloves and let the mixture boil for five minutes. Pour

over beets and let stand on a warm part of the range for thirty minutes. Add 1 tablespoon of fresh butter just before serving. Stir and serve.

Baked Beans

Cover two cups of pea beans with four cups of cold water and place in a cool place to soak over night. In the morning if the beans have not absorbed all the water drain it off and save it, although this proportion is just about right for complete absorption of the water. Start the beans to cook with fresh cold water to cover, about 3½ cups, and cook over low flame in a tightly covered saucepan. Beans must not boil, so remember to keep the flame low and the saucepan tightly covered while they are simmering. By doing this our process becomes one of steaming and the beans will swell and gradually absorb some of the water. One hour of simmering (from the time the simmering point is reached) is ample time to prepare the beans for the bean pot and oven cooking. Carefully drain the beans, saving the water. Place a slice of salt pork on the bottom of the earthen pot and put in the beans. Now bury a piece of scored salt pork weighing about ½ pound, in the center of the beans and prepare the seasoning as follows: ½ cup Porto Rico molasses mixed with ½ cup bean water or plain boiling water, ½ teaspoon salt, ½ teaspoon mustard, ¼ teaspoon paprika and 1 scant teaspoon of finely chopped onion. Mix thoroughly and pour over beans lifting the beans carefully with a spoon, so the seasoning will go to the bottom of the bean-pot. Cover bean-pot and place in a slow oven to bake for six or seven hours. Uncover the bean-pot the last hour of cooking so the salt pork may become crisp and browned. It may be necessary to add a little boiling water to the bean-pot during the oven cooking so exercise your own judgment by looking at the beans every hour or so. Baked beans must not become dry, neither must they be watery. Serve with Boston brown bread.

Kidney Beans en Casserole

This is a good emergency recipe to use when you haven't time to soak and cook the dried beans. Purchase the canned kidney beans. Season highly with salt, a few grains of

cayenne and a dash of Worcestershire sauce. Place a piece of fat salt pork in bottom of casserole and pour the beans over it. Insert another piece of salt pork on top of the beans and bake in a moderate oven (dish uncovered) until the pork is cooked and browned. Very good.

Canned Corn, Soufflé

Make a cream sauce by melting two tablespoons of butter, blending in 2 tablespoons of flour and gradually add 1 cup of rich milk. Bring to the boiling point stirring constantly for a smooth mixture. Remove from the fire and stir one can of corn into it. Season with salt and pepper and add ¼ cup minced pimiento. Stir in 2 slightly beaten egg yolks and lastly fold in 2 stiffly beaten egg whites. Pour into a buttered oven dish and bake in a moderate oven for thirty minutes. Serve immediately as a soufflé dish soon falls.

Purée of Parsnips

Wash and scrape 6 medium sized parsnips. Cut into thin slices and cover with boiling water and cook until soft . . . . 15 or 20 minutes. Drain and force the parsnips through a purée seive and add a piece of butter (size of an egg) and ½ teaspoon of salt. Stir, mix thoroughly and serve. Green peas, beans, chestnuts, spinach and artichoke fonds may be prepared in the same manner.

Glazed Onions

Cook small white onions in boiling water until tender . . . . about 25 to 30 minutes. Drain and dry on a towel. Melt 4 tablespoons of salt butter in frying pan and add 4 tablespoons of granulated sugar. When well blended add the onions and cook until browned and glazed. Turn the onions frequently to obtain an even glaze.

Escalloped Egg Plant

Peel and cut an egg plant in small cubes. Cook in boiling water for 15 minutes. Drain and add ¼ cup of finely chopped parsley, a slight grating of onion, 2 tablespoons of finely chopped green pepper and 1½ cups of white sauce. Turn into a baking dish, cover top with buttered bread crumbs and bake in a moderate oven for 35 minutes.

Fried Egg Plant

Wash egg plant but do not peel. Cut in crosswise slices one-half inch thick. Sprinkle with salt and pepper and roll in flour. Dip in slightly beaten egg and then in cracker crumbs. Fry in deep hot fat or oil (370 degrees) until nicely browned. Fat should be hot enough to brown a piece of bread in one minute.

Table Celery

Trim off outer stalks and leaves and wash celery in plenty of cold water. Split the celery hearts lengthwise in four parts, wrap in wet cheesecloth and keep on the ice till needed.

Broccoli, Hollandaise Sauce

Wash broccoli in cold water and let stand 30 minutes. Drain, cover with boiling salted water and cook 30 minutes or until broccoli is soft. Drain, arrange on hot plates and serve Hollandaise separtely. (See index on sauces.)

Sauerkraut, German Style

Sauerkraut requires long slow cooking—six or seven hours, so start it well in advance of the rest of the dinner. To one quart of sauerkraut add two cups diced apple and two tablespoons of drippings or half butter and half drippings. Add enough water to the sauerkraut to keep it covered while cooking. Add a little water every hour or so of cooking and keep the saucepan covered. Toward the last hour of cooking uncover the saucepan and let some of the water evaporate. Season to taste with salt.

Italian Marrow

Italian marrow is a member of the summer squash family and the fact that they are picked from the vine before they attain full growth makes them a delicacy. The small Italian marrows are cooked with the skin on by covering them with boiling salted water and are served in the same manner as asparagus. The half grown marrows are sliced and cooked like egg plant.

SALADS

We must not forget our vitamines in our daily selection of food. Uncooked fruit and vegetables supply vitamines for the system and it is just knowing how to select and combine them to get pleasant changes in the diet. Salads dressed with olive oil or a pure mayonnaise are excellent and should be considered an important part of the meal.

One of the knacks of making a real French salad, the kind that is mixed and served from a large salad bowl, is to have a *chapon* in the bowl while tossing the salad with the French dressing. A *chapon* is a crust of bread rubbed with garlic and placed in the bowl to impart a slight flavor to the salad. Try combining three or four green salads such as lettuce, romain, watercress and escarole with the *chapon* and you will be agreeably surprised.

Tomato Surprise Salad

Select large firm tomatoes of uniform size. Scald them with boiling hot water and immediately plunge them into cold water and with a small sharp knife remove the entire skin. Place them on a cutting board . . . stem end downward. Carefully cut a quarter of an inch slice from the rounded part of the tomato. Lay the slice carefully to one side and scoop out the tomato and refill with finely diced celery and stuffed olives which have been seasoned with salt, pepper and mayonnaise. Build the filling of the tomato up rather high and cover with the slice of tomato which becomes a cap. Arrange on lettuce leaves and serve cold.

Avocado Salad

The Avocado is commonly known as Alligator pear and they are usually split in halves lengthwise and one-half is a portion. Split the avocado and carefully remove the seed and serve with a highly seasoned French dressing made as follows: Dissolve 1 level teaspoon of dry mustard, ¼ teaspoon salt and ¼ teaspoon paprika in 3 tablespoons of strained lemon juice. Mix well and stir in 3 tablespoons of olive oil and when lemon juice and oil are thoroughly blended pour into a bowl or pitcher and pass at the table.

Vegetable Salad in Aspic

Soak 1 level tablespoon of gelatine in ¼ cup of cold water for 5 minutes. Add gelatine to 1 cup boiling water and stir until dissolved. Season with ¼ cup vinegar, 2 tablespoons lemon juice, ¼ cup sugar and ½ teaspoon salt. Strain through double thickness of cheesecloth and just when it begins to stiffen add 1 cup celery cut in small pieces, ½ cup finely shredded cabbage and 1 finely chopped pimiento. Pour into wet mold and when thoroughly chilled serve on a bed of water cress with Boiled Salad Dressing. (See salad dressings).

Tomato Aspic Salad

Soak 2 level tablespoons of gelatine in ½ cup cold water for 5 minutes. Cook 4 cups canned tomatoes 15 minutes with 2 tablespoons finely chopped onion, 6 celery leaves, ½ small bay leaf, ½ teaspoon salt and a few grains of cayenne pepper. Remove from fire, add 2 tablespoons vinegar and gelatine and stir till gelatine is dissolved. Strain into wet molds (tomato shape), and when thoroughly chilled serve on lettuce and garnish with mayonnaise.

Endive and Beet Salad, Sour Cream Dressing

Wash the endive and cut into quarters lengthwise. Arrange three or four quarters of endive on salad plates with some thinly sliced cooked beet and serve with dressing made as follows: Whip ½ cup thick sour cream and add it to 1 cup of mayonnaise. Mix it well and serve.

Waldorf Salad

To 1 cup of diced apple, add ½ cup diced celery, ½ cup chopped walnut meats, and ½ cup of mayonnaise. Mix ingredients together, arrange a bed of crisp escarole or chickory and place the salad in the center. Sprinkle the top with a few grains of paprika.

Salad, Chiffonade Dressing

Select any green salad the market offers, lettuce, romaine, escarole, chickory or endive. Wash the leaves in cold water and place in the refrigerator to chill. Make a French dressing . . . three parts oil to one part vinegar, season with salt, pepper,

paprika, a pinch of dry mustard and a tiny bit of sugar. I might suggest that you dissolve the seasonings in the vinegar and then add the olive oil. To ½ cup French dressing add one hardboiled egg chopped fine, one tablespoon finely chopped pimiento and one tablespoon finely chopped green pepper. Mix all ingredients together and serve on the crisp salad.

String Bean Salad, French Dressing

I wonder why so many cooks cut string beans into small pieces instead of splitting them lengthwise. It may be that it saves a tiny fraction of time but certainly a lot is lost in appearance of the vegetable.

String small tender string beans and cut lengthwise opposite the string side. Drop into boiling salted water and cook until tender. Drain in a colander and when cool marinate in French dressing. Arrange on lettuce leaves and serve.

Chicken and Tongue Salad

One cup of cooked diced chicken, ½ cup cooked tongue (sliced thin and cut into strips). Make a French dressing of equal parts olive oil and vinegar seasoned with pepper, salt and paprika and marinate the chicken and tongue for one hour. Now drain the meat from the marinade and place it in a mixing bowl with ½ cup diced celery. Mix thoroughly and place it on a bed of crisp lettuce leaves. Cover with mayonnaise and decorate the top with pimiento cut into small diamond shape pieces and six rolled anchovies with a caper in the center. Quartered hard-boiled egg may also be added as a garniture.

Salmagundi Salad

To 2 cups of cold diced meat (lamb, beef, veal or pork) add ½ cup cooked diced potatoes, ½ cup cooked diced carrots and ½ cup fresh green peas or ½ cup string beans. Put ingredients in a mixing bowl and pour over ½ cup French dressing made with equal parts of vinegar and oil . . . . seasoned with pepper, salt, paprika, a pinch of mustard and 1 medium sized onion chopped very fine. Let the meat and vegetables marinate in the French dressing for fifteen or twenty minutes. Then add ½ cup chopped sweet pickle and 2 hard-boiled eggs

which have been chopped fine. Mix all together carefully with 1 cup of mayonnaise taking care not to mash the vegetables in the mixing. Arrange on crisp lettuce leaves and decorate the salad with cold sliced beets cut in diamond shape.

Chicken and Fruit Salad

Slice the white meat from a boiled fowl and cut into suitable sized pieces for a salad. Place in a cold salad bowl and to 2 cups of white chicken add one blood orange cut into sections, about one dozen large grapes cut in halves lengthwise and seeds removed, one dozen salted almonds split in halves and one small banana thinly sliced. Add ¾ cup mayonnaise and mix well. Serve salad without lettuce. To cut out the entire section of orange peel and orange first and with a small sharp knife cut each section through starting from the outside of the orange working toward the center. Remove all seeds and white skin.

Pear and Pimento Cheese Salad

Canned Bartlett pears are to be used for this recipe so place a can in the refrigerator to chill before making up the salad. Arrange two halves of pear (cut part downward) on a bed of crisp lettuce and cover the entire surface of the pear with riced pimento cheese. This is accomplished by pressing the pimento cheese through a ricer. Serve with French dressing.

Stuffed Prune Salad

Twenty-four cooked prunes, one package of cream cheese, ½ cup cottage cheese, one cup chopped walnut meats, ½ teaspoon salt and ½ cup mayonnaise which has been diluted with strained lemon juice. Remove the stones from cooked prunes by making one incision with a small sharp knife. Mix cream and cottage cheese with chopped nuts and salt . . . add enough mayonnaise to moisten to obtain a light and fluffy mixture. Fill the prunes with the mixture and place four on a plate of shredded lettuce, which has been slightly dressed with mayonnaise.

Cucumber and Pineapple Salad

Mix equal portions of finely diced cucumber and finely diced pineapple about one and one-half cups each with ¼ cup

chopped stuffed olives and ½ cup mayonnaise. Mix together and serve on shredded lettuce.

Orange Salad

Select solid seedless oranges for a salad. Peel them with a sharp knife, removing all the white pulp with the peel. Carefully remove each section from the peeled orange and lay them in a salad bowl on a bed of crisp watercress. If it is possible to obtain some fresh green tarragon add a few sprigs which have been finely chopped. If green tarragon is not to be had use tarragon vinegar to make the French dressing. Mix the French dressing through the salad and serve.

Orange and Grapefruit Salad

Carefully peel 1 large California orange and 1 small grape fruit. Use a small sharp knife taking care to remove all the white pulp with the peel. Remove the entire sections of orange and grapefruit by cutting close to the membrane sections and work from the outside to the center. Arrange crisp romaine leaves on salad plates and alternate the orange and grapefruit sections allowing about 6 or 8 sections for each portion. Garnish with one or two thin strips of canned pimiento. Serve with French dressing.

Hawaiian Salad

Cut up or shredded pineapple is used in this recipe. To 1 cup of pineapple add ⅓ cup grated cocoanut, and moisten and mix with mayonnaise. Arrange the individual portions on crisp lettuce leaves and sprinkle the top with finely chopped peanuts. If fresh pineapple is used it will be necessary to add a little sugar to it before combining it with the cocoanut. Canned pineapple is sweet enough and needs no extra sugar.

Grapefruit and Pineapple Salad

Peel the grapefruit, remove the sections and place them in a cold salad bowl with an equal amount of cut up pineapple. If fresh pineapple is not to be had, use canned sliced pineapple. Add eight or ten mint cherries finely minced and mix with mayonnaise. Serve on crisp lettuce or chickory.

Asparagus Salad, Vinaigrette

Arrange asparagus tips on lettuce leaves and dress with vinaigrette sauce made as follows: To ½ cup of well seasoned French dressing add 2 tablespoons of finely chopped vinegar pickle, 1 teaspoon finely chopped chives and 1 teaspoon finely chopped parsley. Mix well and serve.

Fish Salad

This recipe can be made from any cold boiled or steamed fish. Remove the skin and bones and flake it into small pieces. Place in a salad bowl a layer of cold cooked sliced potato, some cold cooked butter beans and make a border of sliced beetroot. Pile up the flaked fish in the center, cover with mayonnaise dressing and scatter the sieved yolk of a hard boiled egg over the mayonnaise. If shrimps are available they make a delicious addition to the salad. Garnish with parsley ....either in sprigs or finely minced.

Fruit Salad

1 orange	1 small banana
1 pear	½ apple
20 white grapes	Lettuce

Cut orange in halves and with a small sharp knife remove sections; cut pear in small pieces and cut grapes in halves and remove seeds. Slice banana; cut apple into small dice and squeeze the juice of half a lemon over banana and apple. Moisten salad with Mayonnaise or Fruit Salad Dressing (see index on salad dressings) and serve on lettuce leaves.

SALAD DRESSINGS

It is a good plan to always have a quantity of mayonnaise and French dressing in the refrigerator. From these two basic dressings many other varieties may be developed and I know that you will find it more economical to make a quantity than to mix dressings every time a salad is served. Don't forget that the vitamines abound in fresh green leaves and vegetables, so plan them in your daily menus. A French dressing should be made from pure olive oil . . . either Italian or French for perfect results. A very satisfactory mayonnaise may be made with vegetable oil which is much cheaper in price than olive oil.

French Dressing

Quantity Recipe

1 cup olive oil	1 level teaspoon paprika
¼ cup vinegar	½ teaspoon powdered sugar
2 level teaspoons salt	½ teaspoon dry mustard
1 level teaspoon pepper	Few grains cayenne

Dissolve dry ingredients in vinegar, then add olive oil. Shake well before using.

Mayonnaise

Quantity Recipe

4 egg yolks	1 teaspoon salt
1 quart salad oil	1 teaspoon dry mustard
¾ cup vinegar	½ teaspoon white pepper
2 tablespoons lemon juice	⅛ teaspoon cayenne

Have the ingredients and mixing utensils very cold before work begins. Put egg yolks into large mixing bowl; add seasonings and mix thoroughly. Beat in the lemon juice and add the oil drop by drop. When mixture thickens add a few drops of vinegar and then more oil. Continue this way until all the oil and vinegar is used. Beat well after each addition of oil. If the mayonnaise should separate while making it get another bowl and 1 egg yolk and start beating the mixture into the fresh egg yolk. It will work out perfectly smooth and be none the worse for perfect results.

Boiled Dressing

1 tablespoon flour
1½ tablespoons sugar
1 teaspoon mustard
1 teaspoon salt
⅛ teaspoon cayenne
½ cup vinegar
2 eggs
¾ cup milk
1 tablespoon butter

Mix and sift dry ingredients into top part of double boiler, add vinegar and beaten egg yolks. Stir until thoroughly mixed, add milk and cook over hot water until thick. Stir frequently to obtain a smooth mixture. Remove from hot water and add butter. Fold in beaten egg whites.

Sauce Vert

1 cup Mayonnaise
6 sprigs parsley
6 spinach leaves
6 green tarragon leaves
6 blades chives
1 small bunch water cress

Pound herbs in a mortar until reduced to a pulp. Force pulp through seive and add 2 tablespoons strained pulp to Mayonnaise.

Sauce Tartare

½ cup Mayonnaise
½ teaspoon parsley
½ teaspoon chervil
½ teaspoon tarragon
½ teaspoon chives
½ teaspoon shallots
½ teaspoon capers
1 teaspoon vinegar pickle
Finely chopped

Mix finely chopped ingredients into Mayonnaise. Keep in a cool place until needed.

Russian Dressing

1 cup Mayonnaise
1 tablespoon green pepper, finely minced
½ cup chili sauce
4 stuffed olives, finely minced

Stir chili sauce into Mayonnaise, add finely minced green pepper and olives. Keep in a cool place until needed.

Thousand Island Dressing

Follow recipe for Russian Dressing. Just before serving add ½ cup whipped cream.

Pimiento Salad Dressing

½ cup Mayonnaise
¼ cup French Dressing
2 tablespoons tomato catsup
1 tablespoon pimiento, finely minced
3 drops Tobasco sauce

Beat French Dressing into Mayonnaise, stir in tomato catsup, pimiento and Tobasco sauce.

Fruit Salad Dressing

1 egg
Pinch salt
1 tablespoon sugar
1 tablespoon cornstarch
1 cup canned pineapple juice
2 tablespoons lemon juice

Put slightly beaten egg, salt and sugar in a saucepan; add cornstarch which has been mixed with pineapple and lemon juice. Cook slowly until thickened. Chill and serve with any combination of fruit in a salad.

Chiffonade Salad Dressing

1 hard-boiled egg, finely chopped
1 tablespoon pimiento, finely chopped
½ cup French Dressing
1 tablespoon green pepper, finely chopped

Stir finely chopped ingredients into the French dressing and serve

Vinaigrette Sauce

1 cup French Dressing
2 tablespoons vinegar pickle finely chopped
1 tablespoon chives, finely chopped
1 teaspoon parsley, finely chopped
1 tablespoon capers, finely chopped

Stir finely chopped ingredients into French Dressing

Epicurean Sauce

½ cup heavy cream
4 tablespoons Mayonnaise
2 tablespoons fresh grated horseradish
1 teaspoon English mustard
1 tablespoon tarragon vinegar
¼ teaspoon salt
Few grains cayenne

Beat cream until stiff, stir in the Mayonnaise, grated horseradish and dry ingredients which have been dissolved in the vinegar.

Roquefort Cheese Dressing

1 cup French Dressing
¼ pound Roquefort cheese

Break cheese in small pieces using prongs of a fork (don't mash). Stir cheese into French Dressing.

Mayonnaise Figaro

1 cup Mayonnaise
1 tablespoon finely chopped shallots, blanched
¼ cup Tomato Purée
Few grains cayenne

Prepare tomato purée by cooking one small can of tomatoes until reduced one-half. Force pulp through seive and simmer until thick and desired quantity is obtained. Blanch finely chopped shallots by covering with boiling water, then drain. Gradually add tomato purée and blanched shallots to Mayonnaise, season with cayenne and stir until thoroughly mixed.

Horseradish Mayonnaise

½ cup Mayonnaise
¼ cup whipped cream
¼ cup grated horseradish
1 tablespoon vinegar
¼ teaspoon salt
¼ teaspoon paprika
Few grains cayenne

Combine grated horseradish, vinegar, salt, paprika and cayenne; stir it into Mayonnaise and when well blended fold in whipped cream.

Sour Cream Dressing

1 cup Mayonnaise
½ cup thick sour cream

Beat sour cream into mayonnaise.

EGGS

It is with fond memory that I speak of Madame Poulard who became world-famous for making omelets. Her little Inn became as a shrine with pilgrams arriving to partake of her incomparable famous omelet. I recall my first visit to the hill-top Inn of Mont St. Michel in the Normandy section of France to learn Madame Poulard's secret of making an omelet, or I should say the omelet of omelets.

Plain Omelet, Poulard

Break the eggs in a wooden bowl and allow one tablespoonful of milk for each egg. Beat well with a wooden fork and season with salt and pepper. Heat the omelet pan and melt a piece of butter that will cover the entire bottom of the pan and also the sides of the omelet rises in cooking and it is just as important to have the sides of the pan buttered as the bottom. Pour in the beaten eggs and turn the pan over the flame so the omelet browns evenly. Watch and regulate the heat as a high flame will burn the omelet before it is cooked. When omelet is set pour a little thick cream in the center and with the rounded part of a tablespoon smooth it out to the sides taking care not to bring the cream beyond the edge of the omelet. When the omelet is a delicate brown take a dull silver knife and work it around the edge of the omelet and with a deft turn fold it over in the pan and then onto a hot platter. There is no economy in using substitutes and the result will surely fall short of the mark so in following this recipe use the freshest eggs, butter and cream. The Normandy dairy products are the finest in the world so therein lies part of the secret of making a perfect omelet.

Shad Roe Omelet, Bercy

Cover shad roe with boiling salted water and simmer 20 minutes. Drain, remove membrane and cut roe in pieces about the size of a small walnut. Prepare Sauce Bercy by cooking 1 cup of Tomato Sauce until quantity is reduced to three-quarters of a cup, stir in 1 teaspoon beef extract and strain sauce through a fine seive. Add roe to Sauce Bercy. Make

a 6 egg omelet and just before folding add half the shad roe and sauce. Remove to hot platter and pour remaining roe and sauce around open edge of omelet.

Spanish Omelet

Make 1 cup of Creole Sauce (see index on sauces). Cook a 6 egg omelet in buttered pan until delicately browned. Just before folding add half the Creole sauce. Remove to hot platter and pour remaining sauce around omelet.

Omelet Soufflé

6 egg whites
4 egg yolks
1 tablespoon lemon juice
2 tablespoons powdered sugar

Beat yolks till thick and lemon colored, add powdered sugar and lemon juice. Fold stiffly beaten whites into yolks and pour mixture into a buttered baking dish. Sprinkle top with powdered sugar which has been mixed with a small quantity of cinnamon. Place in a moderate oven until lightly browned.

Omelet Argentine

Break 6 eggs in a bowl and beat with a wire whip or egg beater. Season with salt and pepper and strain the eggs into another bowl, add several bits of butter and beat again. Melt 2 tablespoons of clarified butter in a frying pan and when it becomes hot pour in the beaten eggs and stir lightly with a spoon. When the eggs begin to thicken take a spoon or fork and gently scoop out a little of the center and bring it over to the edges. Do not disturb the bottom of the omelet while working from the center to the edges. Fill center of omelet with egg plant which has been peeled, cut into one-quarter inch squares, sautéd in butter and enrichened with a little beef extract. Fold the omelet carefully having the edges meet. Serve with tomato sauce (see index on sauces).

Omelet au Fines Herb

Follow directions contained in Plain Omelet, Poulard. While beating the eggs add 1 tablespoon finely chopped parsley and 1 tablespoon finely chopped chives. This would be the

correct amount of finely chopped herbs to add to a four egg omelet. Pour mixture into hot buttered frying pan and cook until lightly browned.

Stuffed Eggs, Mornay

6 hard-boiled eggs
4 tablespoons cooked white meat of chicken
2 tablespoons truffles
4 tablespoons cream
Salt
Few grains cayenne
1½ cups Mornay Sauce

Cut hard-boiled eggs in halves lengthwise. Remove yolks, mash with finely chopped chicken, chopped truffles, cream and season with salt and cayenne. Fill egg whites with yolk mixture and arrange them in small baking pan. Cover with Mornay sauce and place in moderate oven until lightly browned. (See index on sauces.)

Eggs, Bercy

Butter small shirred egg dishes. Break 2 eggs into each dish and place in moderate oven to cook, about 5 minutes. Garnish each dish with 1 broiled sausage, 1 chicken liver which has been dipped in flour and sautéd in butter and 2 tablespoons of Sauce Bercy. (See index on sauces.)

Eggs Aurora

Cut hard-boiled eggs in halves lengthwise. Remove yolks and divide halved whites into four parts. Place these in a saucepan and season with salt, paprika and a very little nutmeg. Add enough thick Bechamel Sauce to cover and also some finely minced chives. The correct proportion would be 1 teaspoon of minced chives to 1 cup of Bechamel Sauce. Use your own judgment however in regard to individual taste. Carefully mix all together taking care not to break the small pieces of egg whites and transfer to a baking dish. Rub the yolks through a wire seive directly over the eggs and carefully brush the entire surface with Hazel-nut butter. Place in a hot oven to heat and serve immediately. (See index for Bechamel Sauce and Hazel-nut butter.)

Eggs au Mirior

Butter small egg casserole dishes and carefully drop one egg into each one. Place in hot oven and baste the yolk with

very hot butter several times during the cooking. When eggs are set remove from oven and serve immediately. Season with a very little salt and white pepper.

Eggs au Mirior, Provencal

Cut firm ripe tomatoes in halves crosswise. Remove some of the seeds and carefully fry in olive oil. Cook only long enough to soften without losing the shape. Butter a baking dish and carefully transfer the halved tomatoes, sprinkle with finely chopped parsley which has been rubbed with garlic and a light sprinkling of fine buttered bread crumbs. Place in hot oven to brown about 10 minutes, and dot with a few pieces of butter during the cooking. Arrange one miroired egg on each tomato and serve immediately. Very delicious.

Eggs au Beurre Noir. (Black Butter)

The first time that I saw this dish prepared was when I was serving my apprenticeship in the kitchen of the Cafe de Paris, Paris, France. The vinegar in the sauce resembles a slight flavor of wine.

4 eggs
1 tablespoon butter
Salt and pepper
1½ tablespoons butter
1 tablespoon vinegar
1 teaspoon finely chopped chives

Melt 1 tablespoon butter in small frying pan and cook eggs over low heat until set. Remove to hot plates, season with salt and pepper and sprinkle over with finely chopped chives. Add remaining butter to frying pan, let it turn brown, add vinegar, remove from fire and pour over eggs.

Scrambled Eggs with Fresh Tomato

Lightly beat the eggs and add one tablespoon of thin cream to every egg, salt and pepper to taste. Cut fresh tomatoes into quarters and stew them in a small saucepan until soft but not watery. Scramble the eggs and just as they are forming take a fork and lift the tomato pulp from the juice and add it to the eggs. Mix the tomato pulp through the eggs while they are cooking. Canned tomatoes may be substituted if fresh ones are not obtainable, but in either case use only the tomato pulp and not the juice. Serve with triangles of toast.

Coddled Eggs

Carefully place the eggs in a large saucepan and pour 1 quart of boiling hot water over them. The water will retain enough heat to cook the eggs in 8 or 10 minutes. The white will be perfectly coagulated and the egg itself is much more palatable when cooked slowly and thoroughly instead of "boiled." It is the best way to cook eggs in the shell.

Eggs Benedict

As this recipe calls for a Hollandaise sauce I would suggest making the sauce first and then proceeding with the rest. (See index on sauces.) Tear apart and toast an English muffin. Spread lightly with butter and place a slice of thin broiled ham on each half of muffin. The piece of ham to be the same size as the muffin. Place a poached egg on top of the ham and cover all with a liberal quantity of Hollandaise sauce, Decorate the center top with a piece of truffle cut in diamond shape.

Eggs Bombay

Poach 6 eggs. Arrange eggs on small circular pieces of buttered toast and cover each egg with 3 tablespoons of curry sauce made as follows. Melt 2 tablespoons butter, blend in 1½ tablespoons flour and 1 tablespoon of curry powder; gradually add 1 cup of hot white stock and stir until boiling point is reached. Let boil 2 minutes, remove from fire and add 1 egg yolk slightly beaten with 2 tablespoons heavy cream.

Plain Egg Timbale

2 tablespoons butter
2 tablespoons flour
1¼ cups milk
6 eggs
½ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon celery salt
Few grains cayenne pepper
(Optional) 2 tablespoons finely chopped parsley

Cream the butter, add flour, and pour on gradually scalded milk. Add seasonings and cook in top part of double boiler several minutes. Separate eggs, beat yolks until thick and lemon-colored. Add beaten yolks to milk sauce. Beat egg whites until stiff and dry and fold into egg yolk and milk mixture. Parsley may be added to the mixture or omitted.

Turn mixture into buttered timbale molds, set in a pan of hot water (like baked custard) and bake in a moderate oven (325 degrees) until firm.

Egg and Asparagus Timbale

2 eggs
Few grains pepper
Few grains salt
1 cup milk
1 cup cold asparagus

Beat eggs slightly; add seasonings and milk. Fill 6 small buttered timbale molds ¾ full with asparagus which has been cut into small pieces (asparagus tips are just right for this recipe) and cover with egg mixture. Place in a pan of hot water and bake in moderate oven (325 degrees) until firm . . . about 30 minutes.

Egg Timbale, Arlequin

Sprinkle small buttered timbale molds with finely chopped beef tongue, truffles and parsley. Spread a thin layer of chicken forcemeat over chopped tongue, truffles and parsley and break 1 egg into each mold. Place timbales in pan of hot water and cook in moderate oven until egg is cooked . . . about 10 minutes. Serve with tomato sauce (see index on sauces).

Egg Nog (Orange)

½ cup orange juice
1 tablespoon lemon juice
1 tablespoon sugar
1 egg
Ice
Few grains nutmeg

Dissolve sugar in fruit juices. Pour into shaker containing cracked ice, add egg and shake very well. Strain into glass and top with a few grains of nutmeg.

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EVANSVILLE, INDIANA

SWANS DOWN CHOCOLATE LAYER CAKE

½ cup butter or substitute
1½ cups sugar
3 cups Swans Down Cake Flour
3 teaspoons baking powder
¼ teaspoon salt
½ cup milk
½ cup water
1 teaspoon vanilla extract
¼ teaspoon almond extract
3 egg whites, beaten light

Cream the shortening. Add sugar gradually. Sift flour and then measure. Then sift together flour, baking powder, and salt. Beat into the first mixture alternately with the water and milk. Beat in the extracts. Fold in the egg whites. Bake in layers in moderate oven (350°F.).

Put together with soft chocolate frosting.

SOFT CHOCOLATE FROSTING

Cut 4 squares bitter chocolate into small pieces and put into a saucepan. Add 1 cup sugar and 1½ cups milk. Bring to the boiling point, stirring constantly. Mix 5 tablespoons Swans Down Cake Flour with 2 tablespoons cold water; and add slowly to the first mixture, stirring until thickened. Remove from fire. Add 2 tablespoons butter and 1 teaspoonful vanilla. Cool and spread.

* * * *

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CAKES AND ICINGS

How to Make Butter Cakes Successfully

Buy the ingredients best suited to the purpose in hand, i. e., *cake flour,* fresh eggs, finely granulated sugar, fresh spices, nuts, butter or oleomargarine, etc. Very successful cakes can be made with other shortenings instead of butter, but they do not taste quite so rich.

Measure all ingredients accurately; the "cooking-school cup" holds one-half pint. Measure flour after once sifting, fill the cup with a spoon, and level off cup with a knife; do not pack the flour in cup.

Have pans ready and ingredients measured before beginning to mix the cake.

Have the fire or heat in such a condition that the oven will be ready for use when the batter is mixed.

Be sure your egg beater is absolutely dry and clean before using.

Always work butter to a cream before adding any sugar to it. In cold weather rinse the bowl with hot water and wipe dry before putting the butter into it.

The flour and milk should always be added alternately, beating hard after each addition.

The last motion in mixing a butter cake is to fold in the stiffly beaten egg whites.

Small and layer cakes call for a hotter over than thick cakes. Do not attempt to bake cakes of varying thickness or of different mixtures at the same time. The heat of the oven can be regulated to only one mixture and one thickness of batter at a time.

Often you may know that a butter cake that has not been disturbed during baking is baked by the fact that it has separated from the sides of the pan.

A cake tester inserted in center of cake should come out without any particles adhering to it when cake is done.

The appearance of the cake, in connection with the time it has been in the oven, is the only safe guide to its baking.

A cake may be gently moved in the first and last quarters of time in baking; in the second and third quarters the cell walls are not firm, and a jar will cause them to settle. The warm, expanded air which makes the cake light has already been evolved, and there is nothing present to lighten it again.

If the fire is too hot, lower the heat; protect the cake with paper or a baking tin containing hot water, but do not move it. Open the oven door a reasonable number of times, but shut it gently.

Never jar or move a cake in the oven before it is thoroughly baked. This contracts the delicate, incompletely stiffened cell walls and occasions a "heavy" cake.

Old-fashioned Strawberry Shortcake

2 cups flour
4 teaspoons Calumet baking powder
2 teaspoons sugar
½ teaspoon salt
3 tablespoons shortening
¾ cup milk
1 quart strawberries

Mix and sift dry ingredients. Rub in shortening and gradually add milk to make a soft dough. Smooth out and bake in a deep greased layer cake pan in a hot oven 20 to 25 minutes. Split, spread with sweet butter while hot and arrange whole berries on split under part. Put on top and pour crushed sweetened berries over all.

Mocha Cake

1 cup sugar
2 cups flour
1 teaspoon Calumet baking powder
½ teaspoon soda
½ teaspoon salt
½ cup cocoa
⅓ cup melted butter
1½ cups sour milk

Sift and mix together sugar, flour, baking powder, soda, salt and cocoa. Add melted butter and sour milk and stir until thoroughly mixed. Bake in layers in moderate oven (375 degrees) for 20 minutes.

Mocha Filling

1½ cups sugar
½ cup strong coffee
1 square chocolate (1 oz.)
⅛ teaspoon salt
2 egg whites

Boil sugar and coffee together until syrup spins a permanent thread. Add melted chocolate and salt, then pour onto egg whites which have been stiffly beaten, beating constantly until thoroughly mixed.

Mocha Butter Cream Icing

½ cup sweet butter
2 cups powdered sugar
4 tablespoons strong coffee
Few grains salt
1 square chocolate (1 oz.)
¼ teaspoon vanilla extract
Cream to smooth

Cream butter and gradually work in the sugar and coffee, vanilla and salt. Beat in the melted chocolate and smooth to proper consistency with cream.

Chou-paste for Éclairs and Cream Puffs

1 cupful boiling water
½ cupful butter or substitute
1 cupful Swans Down cake flour
3 eggs

Set the water and shortening over the fire in a small saucepan; when boiling sift in the flour, cook and stir constantly until the mixture leaves the sides of the pan a smooth, compact mass. Turn into a mixing bowl, break in an egg and beat until the mixture is smooth; beat in the second egg, then the third egg. The eggs are added unbeaten. Shape (with two teaspoons) on a greased baking sheet in rounds for cream puffs, in strips 1 inch by 5 for éclairs. Bake in an oven (450-475° F.) hot on the bottom, about 25 minutes. When done, a cake lifted in the hand will feel light. With a sharp knife make a cut in each puff large enough to admit of Cream Filling, which can be forced in with a pastry bag and tube. Éclairs are sometimes covered with chocolate frosting.

Cream Filling for Cream Puffs

⅞ cupful sugar
⅓ cupful Swansdown cake flour
⅛ teaspoon salt
2 eggs or 4 yolks
2 cupfuls scalded milk
1 teaspoonful vanilla or ½ teaspoonful lemon extract

Mix dry ingredients, add eggs slightly beaten; add scalded milk. Cook 15 minutes in double boiler, stirring constantly until thickened, afterwards occasionally; cool and flavor.

Chocolate Cream Filling

To the above recipe for Cream Filling add 1½ squares (1½ ounces) of melted chocolate to the milk when it is put on to scald; proceed as directed above, increasing the sugar to 1 cupful. Spread between layers of sponge cake.

Chocolate Frosting

Cook 2¼ cupfuls granulated sugar in ¾ cupful boiling water, until it reaches 238°F., or it forms a soft ball when a little is tried in cold water. Pour gradually over 3 stiffly beaten egg whites, beating constantly meanwhile. Add slowly 3 squares of melted chocolate, then the vanilla, and beat until stiff enough to spread.

Prize Devil's Food

½ cupful butter or substitute
2 cups light brown sugar
2 eggs
2¼ cupfuls Swans Down cake flour
¼ teaspoonful salt
½ cupful sour milk
½ cupful boiling water
1 teaspoonful soda
1½ squares chocolate, melted, (or ½ cupful cocoa)
1 teaspoonful vanilla
1 teaspoonful baking powder

Cream shortening, add 1 cupful sugar gradually, creaming mixture thoroughly. Beat eggs until light, add the other cupful of sugar to the eggs, mixing well. Add this egg mixture to the creamed shortening and sugar and beat hard. Sift flour once, measure, add baking powder, add salt and sift three times. Then add to the first mixture, alternating with the sour milk, beating batter hard after each addition of flour and milk. Into the boiling water stir the soda and the melted chocolate or cocoa, and beat into the cake mixture. Add vanilla. Bake in three layers in a moderate oven (325°F.). Spread a white icing between the layers and on top and sides of cake. (See recipe for Fluffy Boiled Icing.)

Angel Food Cake

1 cupful egg whites (8 to 10 eggs)
¾ teaspoonful cream of tartar
1¼ cupfuls fine granulated sugar (sifted)
¾ teaspoonful vanilla extract
¼ teaspoonful almond extract
1 cupful Swans Down cake flour, sifted once, measured, and sifted 4 times
¼ teaspoonful salt

Pour the egg whites on a large platter or in a large bowl, add salt and beat with a flat egg beater until foamy. Add cream of tartar and continue beating until the eggs are stiff enough to hold up in peaks, but not dry. Fold in the sugar, 1 tablespoonful at a time. Add flavoring. Fold in the flour in the same manner as the sugar. Pour into an ungreased patent pan and bake in a very slow oven (275° F.), fifty to sixty minutes, increasing heat slightly when cake is almost done. Remove cake from oven and invert tin for one hour or until cake is cold. Remove cake from tin with a broad-bladed knife.

Four tablespoonfuls of cold water may be substituted for two egg whites with good results. One-half of this recipe may be used to make a small Angel Cake, and the egg yolks which are left to make a Sponge Cake.

French Pancakes

½ cup flour
1 teaspoon Calumet baking powder
¼ teaspoon salt
1 egg
1 cup milk
¼ cup cream

Mix and sift flour, baking powder and salt. Add eggs which have been beaten with the milk and cream and stir until perfectly smooth. Heat a frying pan which is about eight inches in diameter, cover bottom and sides with butter, pour in just enough batter to cover bottom and cook until browned on both sides. Remove to hot plate, spread with Bar le Duc jelly and roll. Sprinkle with powdered sugar.

Profiteroles au Chocolate

Profiteroles au Chocolate is a dessert composed of tiny cream puffs, filled with vanilla custard and covered with chocolate sauce. The cream puffs should be about the size of a

large walnut and four are served to a portion. Arrange three close together on a dessert plate and place the fourth one in the center on top of the others. Just before serving pour chocolate sauce over top. (See chou-paste recipe for cream puffs and filling.) *Chocolate Sauce.* Melt 1 square of unsweetened chocolate, add 1 tablespoon butter and pour on gradually ⅓ cup of boiling water. Bring to boiling point and add 1 cup sugar and 2 tablespoons white corn syrup. Boil for 5 or 6 minutes. Cool slightly and add a few grains of salt and ½ teaspoon vanilla.

Sponge Fruit Cake

4 eggs
1½ cups sugar
½ teaspoon salt
1 teaspoon flavoring extract
2 cups pastry flour
3 teaspoons Calumet baking powder
¾ cup boiling water
3 tablespoons candied pineapple, finely chopped
3 tablespoons candied citron, finely chopped
5 tablespoons candied cherries, finely chopped

Beat eggs until light, gradually add sugar and continue beating. Add salt and flavoring extract. Fold in pastry flour which has been sifted with baking powder, add boiling water, mix lightly and thoroughly but do not beat the mixture. Fold in finely chopped fruit, pour into ungreased muffin tins and place at once in a hot oven (400 degrees) to bake for 15 or 20 minutes.

Sour Cream Spice Cake

½ cup butter
2 cups brown sugar
3 eggs yolks
2 cups pastry flour
¼ teaspoon salt
2 teaspoons ground cloves
2 teaspoons allspice
2 teaspoons cinnamon
1 teaspoon soda
1 cup sour cream
3 egg whites

Cream butter, gradually add brown sugar and cream again. Add yolks and beat thoroughly. Add dry ingredients which have been sifted together, alternately with sour cream. Fold in stiffly beaten egg whites and pour into a greased cake pan and bake in a moderate oven (350 degrees) 30 minutes.

Sunshine Cake

8 eggs
½ teaspoon salt
1 cup sugar
¾ cup sifted pastry flour
½ teaspoon cream of tartar
1 teaspoon lemon extract
½ teaspoon almond extract

Separate eggs. Add salt to yolks and beat until thick and lemon colored. Add flavoring extracts to beaten yolks. Beat eggs white to a stiff froth, fold in sugar, then combine with beaten yolks. Fold in flour which has been sifted with cream of tartar. Bake in an ungreased tube pan in a moderate oven (325 degrees) for 50 minutes.

Cinnamon Layer Cake, Butter Cream Icing

½ cup butter
1 cup sugar
2 eggs
½ cup milk
1¾ cups flour
2½ teaspoons Calumet baking powder
1 tablespoon cinnamon

Cream butter, add sugar and beaten eggs. Mix and sift dry ingredients and add to first mixture, alternately with milk. Pour into 2 buttered layer cake pans and bake in a moderate oven 20 to 25 minutes. When layers are cool spread with butter cream icing.

Butter Cream Icing

½ cup sweet butter
2 cups powdered sugar
Few grains salt
1 egg yolk
½ teaspoon vanilla
Cream to smooth

Cream butter and sugar, add egg yolk, salt and vanilla. Smooth to proper consistency with cream.

Pineapple Up-Side Down Cake

This cake has become very popular and it is baked in a large iron frying-pan. It can also be made with cooked pitted prunes.

Cut ½ cup of butter into small pieces and place in a cold frying pan. Add 1 cup of brown sugar and 1 can sliced pineapple (drained from juice). Arrange pineapple slices to cover bottom of frying pan. Cover with sponge batter made as fol-

lows: Beat 3 eggs until light, add 1 cup of sugar and 3 tablespoons of hot water. Mix and add 1 cup of flour which has been sifted with 2 teaspoons Calumet baking powder. Bake in moderate oven (350 degrees) 45 minutes. Remove cake while hot by inverting frying pan on cake plate.

Graham Cracker Cake

½ cup butter
¾ cup sugar
2 eggs
3¼ cups rolled and sifted graham crumbs
3 teaspoons Calumet baking powder
⅛ teaspoon salt
½ teaspoon cinnamon
1 cup milk

Cream the butter; beat in sugar and slightly beaten egg yolks. Roll the graham crackers (about 28 large ones) until crumbs are fine enough to pass through seive. Then sift graham crumbs with baking powder, salt and cinnamon. Add cracker mixture to first mixture alternately with milk. Beat egg whites very light and add to batter. Bake in shallow pans in moderate oven (350 degrees) 45 minutes. This cake is very nice when served with whipped cream.

Apple Cake (German)

1 cup flour
1½ teaspoons Calumet baking powder
2 tablespoons sugar
½ teaspoon salt
2 tablespoons shortening
2 egg yolks
½ cup milk
2 apples
¼ cup sugar
½ teaspoon cinnamon
1 teaspoon grated lemon rind mixed together

Mix and sift together flour, baking powder, 2 tablespoons sugar and salt. Cut in shortening and add egg yolks which have been mixed with milk. Pour into shallow cake pan and top with apples which have been cut into eighths. Sprinkle top with sugar, cinnamon and lemon rind.

Cheese Cake

Crust

1 cup butter
1 cup sugar
1 egg
⅓ cup sweet milk
3 cups flour
½ teaspoon soda
1 teaspoon flavoring

Filling

1½ cups cottage cheese
½ cup sugar
3 tablespoons cream
Grated rind of 1 lemon
3 eggs
1 egg yolk (optional)

Cream butter; add sugar gradually and cream well together. Add unbeaten egg and beat thoroughly. Add milk and when well mixed fold in flour which has been sifted with soda. Add flavoring. Roll out to ¼ inch thickness and line pie or layer pan.

Filling: Mix together cottage cheese, sugar, cream and grated lemon rind; then add well beaten eggs. Fill lined pie or layer pan and bake in a moderate oven (350 degrees) about 35 minutes.

Whole Wheat Cup Cakes

2 cups whole wheat flour
4 teaspoons Calumet baking powder
¼ teaspoon soda
½ teaspoon salt
2 eggs
1½ cups sour milk
4 tablespoons vegetable oil
2 tablespoons honey

Mix together flour, baking powder, soda and salt. Stir and add unbeaten eggs, vegetable oil, sour milk and honey. When thoroughly mixed pour into greased cup cake tins and bake in a hot oven (400 degrees) 30 minutes.

Jelly Roll

2 eggs
1 cup sugar
Grated rind of 1 lemon
1 tablespoon melted butter
⅓ cup hot water
1 cup pastry flour
1½ teaspoons Calumet baking powder
⅛ teaspoon salt

Beat eggs until light and lemon colored. Add sugar gradually and grated lemon rind, melted butter and hot water. Sift pastry flour, baking powder and salt and fold into first mixture.

Line shallow pan with paper, turn in batter and bake in a moderate oven (350 degrees) 20 minutes. Turn out of pan at once onto a clean towel, cut off all four crisp edges, spread with jelly and roll lightly and quickly. Sprinkle with confectioner's sugar.

Chocolate Marshmallow Cream Roll

4 eggs, beaten light without separating
1 cupful granulated sugar
1 cupful Swans Down Cake Flour
2 tablespoonfuls cocoa
Pinch of salt
1 teaspoonful baking powder
1 teaspoonful vanilla
2 tablespoonfuls milk

Gradually beat the sugar into the eggs, add the milk, then fold in the flour, sifted with the baking powder, salt and cocoa. Turn into a baking pan 13½x8½ inches, lined with greased paper. Bake about 15 minutes in moderate oven, at 350 degrees. Turn onto a cloth or paper, trim off the crisp edges on the four sides, and when cooled somewhat, spread with fluffy boiled icing for filling and roll like a jelly roll; roll in the cloth and let stand half an hour or longer. Spread Chocolate Confectioner's Icing over the outside of the roll.

Fluffy Boiled Icing

Dissolve ¾ cupful of granulated sugar in ⅓ cupful of boiling water. Let boil until, when tested in cold water, a little of the syrup may be gathered into a soft ball. Pour the syrup in a fine stream on the whites of 2 eggs beaten very light, beating constantly meanwhile. Beat continually until cold or stiff enough to spread on cake. If cooked or beaten too hard, beat in lemon juice or water a few drops at a time. If not cooked enough (too thin), set the bowl of frosting over the fire in a pan of boiling water, and beat constantly until the icing thickens perceptibly. This icing is light and fluffy and will not harden as quickly as boiled icing.

Chocolate Confectioner's Icing

Mix (about) 1¼ cupfuls of sifted confectioner's sugar with ¼ cupful of liquid—coffee, water, fruit juice, cream or milk. With fruit juice add a teaspoonful of lemon juice. With other

liquid a scant half teaspoonful of vanilla or other extract. (Add 3 tablespoonfuls cocoa for chocolate icing.)

Sponge Cake (6 egg yolks)

6 egg yolks
1 cup sugar
½ cup boiling water
1½ cups pastry flour
½ teaspoon salt
2 teaspoons Calumet baking powder
1 teaspoon lemon extract

Beat egg yolks until light, thick and lemon colored; add sugar and beat well. Add boiling water, then sifted dry ingredients, beating thoroughly. Add flavoring which may be all lemon or half lemon and half almond. Pour batter into 2 paper lined layer cake pans and bake in a moderate oven (375 degrees) 25 minutes. Put layers together with vanilla custard filling.

Vanilla Custard Filling

4 egg yolks
¾ cup powdered sugar
¾ cup hot milk
1 teaspoon vanilla
1 cup sweet butter (creamed)

Beat egg yolks slightly and add powdered sugar. Stir hot milk in slowly and cook in top part of double boiler until boiling point is reached. Remove from water, add vanilla and gradually add butter which has been creamed. Stir until perfectly smooth.

Pound Cake

1¾ cupfuls butter
2 cupfuls sugar
8 eggs
⅛ teaspoonful salt
3¾ cupfuls Swans Down Cake Flour
1 teaspoonful baking powder
1 teaspoonful mace or vanilla

Cream the butter and add sugar gradually, creaming mixture well. Add the eggs, one at a time, without separating or beating. Sift the flour, measure, add the baking powder, salt and mace, if used, and sift again. Add the flour gradually, and beat the batter hard. Turn into two greased and paper lined, brick shaped pans, and bake 1 hour in a very slow oven (300-325°F.). Pound cake is not usually iced.

PIES

Boston Cream Pie

½ cup butter
1 cup sugar
2 eggs
1¾ cups flour
3 teaspoons Calumet baking powder
¼ teaspoon salt
½ cup milk
½ teaspoon vanilla

Cream butter, add sugar gradually and well beaten eggs. Mix and sift dry ingredients together and add alternately with milk to first mixture. Bake in 2 layer cake pans in moderate oven about 20 minutes, or bake in one deep layer cake pan for 35 minutes. If deep pan is used split cake for filling. Put cream filling between layers and spread top layer with chocolate frosting. (See page 143.)

Washington Cream Pie

2 eggs
1 cup flour
1½ teaspoons Calumet baking powder
¾ cup sugar
⅛ teaspoon salt
½ cup boiling milk
½ teaspoon vanilla

Separate eggs. Beat yolks until thick and lemon colored and add them to stiffly beaten whites. Sift dry ingredients together 3 times, and gradually add to beaten eggs. Add hot milk slowly, and vanilla. Bake in deep layer cake pan in moderate oven 35 minutes. When cool, split and put layers together with cream filling (see index for Cream Filling). Sprinkle top with powdered sugar.

Butterscotch Pie

Pie Crust (single)

¾ cup flour
¼ teaspoon salt
¼ cup shortening
2 tablespoons cold water

Butterscotch Filling

1½ cups brown sugar
1½ cups water or milk
2 tablespoons flour
3 tablespoons cornstarch
2 tablespoons white sugar
3 egg yolks
3 tablespoons butter
⅛ teaspoon salt
1 teaspoon vanilla

Meringue Top

3 egg whites
6 tablespoons sugar

Make and bake pie crust first. Sift flour and salt, cut in shortening and enough cold water to cut into a soft dough. Toss on slightly floured board, pat and roll out. Single crusts or shells should be laid over an inverted pie pan and baked in a moderately hot oven. Filling: Add water or milk to brown sugar and heat to boiling point. Add flour, cornstarch and white sugar which have been sifted together and cook until thick. Add slightly beaten egg yolks and cook 1 minute longer. Remove from fire, stir in butter, salt and vanilla. Cool, fill baked pie crust, cover with meringue made by beating egg whites till stiff, then folding in sugar. Place in hot oven or under broiler flame 1 minute until meringue is lightly browned.

Chocolate Cream Pie

Single Pie Crust

¾ cup flour
¼ teaspoon salt
¼ cup shortening
2 tablespoons cold water

Filling

½ cup sugar
2 tablespoons cornstarch
2 tablespoons flour
2 squares grated chocolate
2 cups hot milk
2 eggs, slightly beaten
1 tablespoon butter
1 teaspoon vanilla

Top

½ pint cream

Make the pie crust first. Sift flour and salt, cut in shortening and enough cold water to cut into a soft dough. Toss on slightly floured board, pat and roll out. Lay crust over an inverted pie pan and bake in a moderately hot oven. Filling: Sift together sugar, cornstarch and flour. Dissolve chocolate in hot milk and add it slowly to sifted dry ingredients. Add slightly beaten eggs and cook in top part of double boiler 20 minutes. Cool, pour into baked pie shell and top with whipped cream.

Puff Paste

Have ingredients cold, work rapidly, handle dough lightly and as little as possible. Butter must be washed for superior pastry and this is accomplished by placing butter in a mixing bowl, holding it under cold running water and squeezing it

with the hands until it is soft and waxy. Puff paste requires a moderately hot oven and should be baked on a tin sheet covered with a double thickness of unglazed brown paper. Puff paste may be used for upper crusts of pies, (never under crusts) patty shells, rissoles, vol-au-vents, bouchées and tarts. Sift flour once before measuring. Let me tell you about the Dainty Pie Crust Mixer and Flaker for cutting shortening or butter into flour. It is composed of seven flexible blades or wires woven into a sturdy handle and as it is all metal it can be sterilized as often as required. Another good feature is that it is light and stays cool while it is cutting in the shortening, which is essential for good pastry.

½ pound butter
½ pound pastry flour
Cold water (6 to 8 tablespoons)

Wash butter, squeeze and fold until all water is extracted. Cut 2 tablespoons butter into the flour, add cold water and knead the dough 5 minutes. Roll to one-quarter inch thickness, keeping paste rectangular and corners square. Place remaining butter in center of lower half of dough, cover with upper half and fold right side under and left side over. Roll to one-quarter inch thickness. Repeat this process 4 times. Put paste in cold earthen bowl, cover over with a napkin wrung out of cold water and chill in the refrigerator for at least one hour. Cut into desired shapes, place on papered baking sheet and bake in a hot oven (450 degrees) for 5 minutes, reduce heat to moderate (375 degrees) and bake about 30 minutes.

Pie Crust

1½ cups flour
½ teaspoon salt
½ cup shortening
Cold water (about 4 tablespoons)

Sift flour and salt. Cut in shortening, add enough water to cut into a soft dough. Toss on slightly floured board, pat and roll out. Cut recipe in half for single crust or shell.

Biscuit Dough (for meat pies)

1 cup flour
2 teaspoons Calumet baking powder
¼ teaspoon salt
1 tablespoon shortening
Cold milk (about 6 tablespoons)

Sift together flour, baking powder and salt. Cut in shortening and gradually add cold milk. Toss on slightly floured board, pat and roll to one-quarter inch thickness.

Apple Pie

3 cups sliced apples
½ cup sugar
⅛ teaspoon salt
¼ teaspoon cinnamon
1 tablespoon lemon juice
Grated rind of ½ lemon
1 tablespoon butter

Line pie plate with paste. Turn in apples and sprinkle with sugar, salt, cinnamon, lemon juice and lemon rind. Dot with small bits of butter. Put on top crust, pushing it toward the center. Press edges together and trim. Bake in moderate oven (350 degrees) 50 minutes. (See page 154 for pie crust.)

Cherry Pie

1 quart of cherries
2 cups sugar
2 tablespoons cornstarch
¼ teaspoon cinnamon

Wash cherries, remove stems and pits. Turn into well lined pie plate and sprinkle with cornstarch, sugar and cinnamon. Cover with criss-cross strips of dough which has been rolled one-quarter inch thick and cut one-half inch wide. Bake in hot oven (450 degrees) 30 minutes.

Cocoanut Custard Pie

2 eggs
4 tablespoons sugar
2 cups milk
⅛ teaspoon salt
1 cup cocoanut
Few grains nutmeg

Stir sugar into eggs and when well mixed add milk, salt, cocoanut and nutmeg. Stir until thoroughly mixed then pour into well lined pie plate and bake in moderate oven (350 degrees) 45 minutes. (See page 154 for pie crust.)

Pumpkin Pie

2 cups stewed pumpkin
2 cups rich milk
1 cup brown sugar
2 eggs
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon ginger

Rub pumpkin through a seive and mix it with milk, sugar, well beaten eggs, salt and spices. Beat mixture for 2 minutes

then pour into well lined pie plate and bake in moderate oven (350 degrees) 1 hour. (See page 154 for pie crust.)

Pineapple Pie (Canned Pineapple)

This recipe make a delicious pineapple pie. All measurements level.

Crust

1½ cups flour
½ teaspoon salt
½ cup shortening
4 tablespoons cold water

Filling

1½ tablespoons flour
1 tablespoon cornstarch
4 tablespoons sugar
2 cups grated pineapple and juice
¼ teaspoon salt
2 tablespoons lemon juice
1 tablespoon grated lemon rind

Sift flour and salt, cut in shortening. Add water cutting into a soft dough. Toss onto a floured board, pat and roll out. (Double crust.) Sift flour, cornstarch, sugar and salt; add to pineapple and juice and cook in top part of double boiler 20 minutes. Then add lemon juice and grated lemon rind. When cool pour into well lined pie plate, cover with top crust and bake in a moderate oven (350 degrees) 45 minutes.

Rhubarb Meringue Pie

Filling

2 cups rhubarb
3 egg yolks
1 cup sugar
2 tablespoons flour
¼ teaspoon salt

Meringue Top

3 egg whites
6 tablespoons sugar

Wash rhubarb and cut in one-half inch pieces. Place rhubarb in colander and pour boiling water over and let drain. Beat egg yolks and add sugar, flour and salt which have been sifted together. Stir rhubarb into mixture and pour into a well lined pie plate and bake in a moderate oven (350 degrees) 45 minutes. When cool cover with meringue made by beating egg whites till stiff, then folding in sugar. Place in hot oven

or under broiler flame 1 minute until meringue is lightly browned. To make undercrust cut pie crust recipe in half. (See page 154.)

Blackberry or Blueberry Pie

1 quart berries
1 cup sugar
1 tablespoon flour
⅛ teaspoon salt
½ teaspoon vinegar
1 tablespoon butter

Pick over and wash berries. Drain, sprinkle with sugar, flour, salt and vinegar. Turn into well lined pie plate (deep) and dot with small bits of butter. Put on top crust and bake 45 minutes in moderate oven.

Lemon Meringue Pie

¾ cup sugar
3 tablespoons cornstarch
2 tablespoons flour
1 teaspoon salt
1½ cups boiling water
4 tablespoons lemon juice
Grated rind of 1 lemon
2 egg yolks

Sift dry ingredients into top part of double boiler; add boiling water and cook until thick (about 20 minutes). Add slightly beaten egg yolks and cook 2 minutes longer. Remove from fire and add grated rind and lemon juice. When cool fill baked pastry shell and top with meringue made by beating 2 egg whites until stiff, then folding in 4 tablespoons of sugar. Place in hot oven or under broiler flame 1 minute until meringue is lightly browned.

GINGERBREAD

Dessert Gingerbread

½ cup butter
1 cup brown sugar
½ cup molasses
1 cup milk
1 egg
2½ cups flour
1 level teaspoon cinnamon
½ level teaspoon ginger
¼ level teaspoon each allspice, cloves and salt
1 level teaspoon each soda and Calumet baking powder

Cream butter, add sugar and beat until light and creamy. Add molasses, milk and egg. Mix and sift the dry ingredients together and add them to the first mixture. Beat all together for two or three minutes. Pour into a well greased shallow square pan and bake in a moderate oven about 35 minutes. Serve with whipped cream or hot chocolate sauce.

Chocolate Sauce

Melt 2 squares of unsweetened chocolate over hot water. Add 2 tablespoons of melted butter and when thoroughly blended, gradually add 1 cup of boiling water or milk. Stir constantly and add 1 cup of sugar. Bring to boiling point and let boil for 10 or 12 minutes. Remove from fire, cool, and flavor with 1 teaspoon of vanilla.

Soft Ginger Bread

½ cup sugar
⅓ cup molasses
½ cup lard
2 eggs
¾ cup milk
2 cups flour
2 level teaspoons Calumet baking powder
1 scant teaspoon salt
½ level teaspoon soda
½ level teaspoon each of ginger, cloves and allspice

Beat eggs, and add molasses. Mix sugar and lard, then combine. Sift together three times baking powder, flour, salt, soda and spices, and add milk. Put together and beat thoroughly. Bake in a moderate oven (350°-400°F.) about twenty minutes.

DOUGHNUTS

Drop Doughnuts

2 eggs
½ cup sugar
¾ teaspoon salt
½ teaspoon nutmeg
2 tablespoons melted shortening
⅓ cup milk
2 cups flour
3 teaspoons Calumet baking powder

Beat eggs until light; add sugar, salt, nutmeg, melted shortening and milk; add flour and baking powder which have been sifted together. Mix quickly and thoroughly. Drop by teaspoonfuls in deep hot fat or oil and fry until brown. Get the dough off the spoon and into the fat as quickly as possible. The best way to do this is to dip the teaspoon in hot fat or oil before taking up the dough. If you allow the dough to "pour" from the spoon into the fat the result will be a long drawn out doughnut instead of small round doughnut. Drain thoroughly and sprinkle with powdered sugar.

Doughnuts

3 tablespoons butter or substitute
¾ cup sugar
1 egg
¾ cup milk
3 cups flour
4 teaspoons Calumet baking powder
¾ teaspoon salt
1 teaspoon nutmeg

Cream butter; add sugar and beaten egg. Stir in milk, add dry ingredients sifted together. Add additional flour (about ½ cup) to make dough stiff enough to roll. Roll out on slightly floured board to ¼ inch thickness. Cut out and fry in deep hot fat or oil (370 degrees) or hot enough to brown a piece of bread in 1 minute. Sprinkle with powered sugar and cinnamon mixed together.

TOASTS

Baked Toast

3 eggs
3 cups milk
6 slices stale bread
Few grains salt

Beat eggs and milk together. Add salt. Dip each slice of bread in the beaten mixture and place in a well buttered baking dish. Pour remaining mixture over the bread. Bake in a moderate oven until nicely browned. Dot with fresh butter and serve from the baking dish.

French Griddle Toast

3 eggs
1 cup milk
2 tablespoons sugar
¼ teaspoon salt
6 slices stale bread

Beat eggs slightly, add milk, sugar and salt. Strain through cheesecloth into shallow dish. Dip each slice until soft. Brown both sides on a hot well-greased griddle. Remove to hot plate and sprinkle lightly with fine powdered sugar.

Cinnamon Toast

Remove crusts from thin slices of stale bread and then cut the slices in halves lengthwise. Toast both sides and spread with softened butter. Sprinkle with a mixture of 3 parts sugar to 1 part cinnamon. Return to oven to melt.

Maple Sugar Toast

Remove crusts from thin slices of stale bread. Toast, and spread lightly with softened butter and soft maple sugar. Return to the oven until the sugar melts. Serve each slice with a spoonful of whipped cream.

COOKIES

Standard Sugar Cookie Recipe

1 cup butter
2 cups sugar
2 eggs, well beaten
¼ cup cream
3¾ to 4 cups flour
2 teaspoons Calumet baking powder
1 teaspoon flavoring

Cream the butter and gradually add one half of the sugar. Add the eggs and continue to beat until light and fluffy. Gradually beat in the remaining sugar. Mix and sift the dry ingredients and add them to the first mixture, alternating with the cream. Beat the dough well after each addition of flour as this will insure a smooth mixture. Add flavoring last or it may be added to the cream. Place the cookie dough in the ice-box to chill for several hours or over night. Roll the dough on a lightly floured board to about ⅛ of an inch thickness . . . sprinkle dough with white or colored sugar which should be gently pressed in with the rolling pin. Bake in a hot oven until browned . . . about 10 minutes. Cookies should be removed from cookie sheet while hot to prevent breaking.

Hermits

1 cupful butter or substitute
3 cupfuls brown sugar
4 tablespoons sour milk
4 eggs
2 teaspoonfuls soda
6 cupfuls Swans Down Cake Flour
2 cupfuls raisins
2 cupfuls currants
1 cupful nuts
1 teaspoonful nutmeg
1 teaspoonful cinnamon
A little grated orange peel

Cream the shortening and add sugar gradually. Add the milk and eggs, well beaten. Sift the soda with half of the flour, and add to the mixture, then the fruit and nuts, which have been chopped and floured. Mix well. Sift the spices with the balance of the flour, and add to mixture. Drop by teaspoonfuls on greased tins, some distance apart and bake. These are delicious and will keep a long time.

Cocoanut Cookies

¼ cup butter
½ cup sugar
1 egg
½ cup milk
½ teaspoon lemon extract
1½ cups flour
3 teaspoons Calumet baking powder
¼ teaspoon salt
2 cups cocoanut

Cream the butter and gradually add the sugar and egg. Beat well for several minutes until thoroughly mixed. Add the milk and extract and the dry ingredients which have been mixed together and sifted. Add the cocoanut and mix well. Drop in spoonsful on buttered cookie sheet. Shape and flatten the tops with a moistened knife. Bake in a moderate oven 15 minutes.

Old Fashion Raisin Cookies

1 cup butter
3 cups sugar
1 cup sour cream
4 eggs
4 cups flour
1 teaspoon soda
1 teaspoon Calumet baking powder
¼ teaspoon salt
2 cups raisins

Cream the butter, add the sugar and the sour cream. Add the eggs, well beaten. Mix and sift the flour, soda, baking powder and salt, add the raisins and add to first mixture. Drop in spoonsful onto buttered cookie sheet and bake in a moderate oven 15 minutes.

Sand Tarts

½ cup butter
1 cup brown sugar
1 egg
1½ cups flour
2 teaspoons Calumet baking powder
¼ teaspoon salt
½ cup sugar
¼ teaspoon cinnamon (for sprinkling)
1 egg white (for brushing)

Cream butter; add brown sugar and cream again. Add unbeaten egg and mix well. Fold in flour which has been mixed and sifted with baking powder and salt. Roll to ⅛ inch thickness and cut with cookie cutter. Brush over top with beaten egg white and sprinkle with sugar which has been mixed with cinnamon. Split blanched almonds may be placed on top. Bake in a moderate oven (375 degrees) 15 minutes.

ICE CREAM AND DESSERTS

Why not delicious home made ice cream and frozen dessert more often? They are always refreshing and wholesome and the ice cream freezer soon pays for itself. It is easy to familiarize oneself with an ice cream freezer and the various salt and ice packs to produce various frozen desserts. The ice for freezing desserts must be finely crushed, and for freezing ice cream allow 1 part rock salt to 3 parts finely crushed ice. Scald can, cover and dasher and never have can more than three-quarters full as the mixture increases in bulk during the freezing. Turn the crank slowly and steadily at first until mixture is slightly frozen . . . after that it can be turned more rapidly. Add more ice and salt as required. Flavor and texture improve by ripening several hours after freezing. When mixture is very firm, wipe off cover, open can and remove dasher. Scrape ice cream from dasher and sides of can and pack down solidly. Stretch oil paper across the top and cover with corked lid. Then pack with 4 parts ice to 1 part salt.

Philadelphia Ice Cream (Vanilla)

1 quart of thin cream, 1 cup of sugar, 1 tablespoon vanilla and ⅛ teaspoon salt. Scald one quarter of the cream, add sugar and stir until dissolved. Cool and add remainder of cream, vanilla and salt. Freeze. Makes 3 pints of ice cream.

Strawberry Ice Cream

Wash and crush 1 quart of strawberries and sweeten with 1 cup of sugar. Add to Philadelphia ice cream when mixture is half frozen. Freeze till firm.

Chocolate Ice Cream

1 quart of thin cream, 1 cup of sugar, 2 squares unsweetened chocolate, ⅔ cup hot water, 1 tablespoon vanilla and a few grains of salt. Melt chocolate, gradually dilute with hot water and add to cream. Then add sugar, vanilla and salt. Freeze.

Custard Ice Cream

Scald 1 quart of rich milk and 1 cup of cream. Beat 3 eggs and combine with ½ cup of sugar. Mix together 1 tablespoon of flour, ½ cup of sugar and ⅛ teaspoon of salt. Blend

all ingredients with hot milk and cream and cook until thickened. When cool add 1 tablespoon of vanilla. Freeze. Makes 2 quarts of ice cream.

Custard Ice Cream (Chocolate)

Melt 2 squares of unsweetened chocolate, add 2 tablespoons of sugar and 2 tablespoons of water. When thoroughly blended combine it with hot custard ice cream mixture. Cool and freeze.

French Ice Cream

Scald 1 cup of milk and add it to 4 beaten egg yolks. Then add 1 cup of sugar, ⅛ teaspoon salt, 1 tablespoon vanilla and 1 quart of thick cream which has been whipped. Freeze.

Chocolate Sauce (For Ice Cream)

Melt 1 square of unsweetened chocolate, add 1 tablespoon of butter and pour on gradually ⅓ cup of boiling water. Bring to boiling point and add 1 cup of sugar and 2 tablespoons of white corn syrup. Boil for 5 or 6 minutes. Cool slightly and add a few grains of salt and ½ teaspoon of vanilla.

Butterscotch Sauce (For Ice Cream)

Mix 1 cup of brown sugar with 1 teaspoon of corn starch, add ¼ cup of water, 1 teaspoon of vinegar and 4 tablespoons of butter. Boil ingredients to soft ball stage (238 degrees). Cool slightly and serve.

Junket Ice Cream

Junket Ice Cream is an "uncooked" ice cream—meaning that the liquid is not cooked before freezing. It is very easy to make.

Junket Ice Cream is the most economical ice cream as it is creamier with less cream, and no eggs are used. One part cream to 4 parts milk is the general rule for making. Condensed milk can be used in the proportion of 1 part condensed milk to 7 parts fresh milk.

Vanilla Junket Ice Cream

Makes 2 Quarts

2 Junket Tablets
1 quart milk
½ pint cream
1 cup sugar
1 tablespoon vanilla
1 tablespoon cold water

Mix milk and cream together, and warm to lukewarm—*not hot,* then add sugar and vanilla. Dissolve Junket Tablets in the cold water, add to the milk, stir well a moment, then pour immediately into the freezer can, and let stand in a warm room until firm—about 20 minutes. Place can in freezer, pack with ice and salt and freeze slowly to a thick mush, then finish freezing rapidly.

Chocolate Junket Ice Cream

Makes 2 Quarts

2 Junket Tablets
1 quart milk
½ pint cream
1 square chocolate
1 cup sugar
1 teaspoon vanilla
1 tablespoon cold water

Mix the chocolate, 1 tablespoon of the sugar, and about 3 tablespoons hot water and stir over the fire to a smooth paste. Add milk, rest of sugar, and vanilla. Warm until lukewarm *not hot,* then dissolve Junket Tablets in the cold water and add to milk mixture. Stir a moment, then pour immediately into the freezer can and let stand in a warm room until firm —about 20 minutes. Place can in freezer and freeze to a thick mush slowly, then finish freezing rapidly.

Biscuit Tortoni

Whipped cream when frozen becomes a dessert known as a mousse. A mousse can be greatly varied by the addition of different flavors and garnishes. Biscuit Tortoni is simple to make and I am sure that it will delight the family to have it served occasionally. If one has an electric refrigerator this dessert may be placed in the chilling unit for two or three hours, otherwise the ice and salt pack must be used.

Pound and roll enough stale macaroons to make ¾ cup. Reserve ¼ cup of the rolled macaroons to sprinkle over the top of the dessert. Mix ½ cup of the rolled macaroons with ¾ cup thin cream, ¼ cup sugar and a few grains of salt. Stir until well mixed and let soak for one hour. Then beat ½ pint of cream until thick and gradually beat the macaroon mixture into it. Flavor with ½ teaspoon vanilla and several drops of almond extract. Fill individual paper cases or a

fancy mold with the mixture . . . cover the top with the reserved rolled macaroon crumbs and freeze. Now just a word about freezing. A mousse does not have to be stirred during the freezing. Simply pack in two parts ice and one part salt and freeze for two hours. If the electric refrigerator is to be used, place the dessert in a pan and freeze in the ice chamber or chilling unit for three hours.

Pistachio Parfait

A parfait is a rich delicious dessert and should be served in a stemmed parfait glass. There is a white parfait and a yellow parfait and from the basic recipe many kinds may be made. This recipe calls for the white parfait base as follows: Boil ⅓ cup sugar with 4 tablespoons water until the syrup spins a thread when dropped from the tip of spoon. Remove from the fire and beat two egg whites until stiff. Add syrup slowly to the beaten egg whites and continue to beat until light and fluffy. Set in the ice box to chill while you beat ½ pint of cream until thick and flavor with 1½ teaspoons vanilla. Beat the chilled egg mixture into the whipped cream and add a drop or two of green coloring, ½ teaspoon almond extract and ¼ cup finely chopped pistachio nuts. Fill fancy stemmed glasses and set in the ice box to chill.

Butterscotch Parfait

To ⅓ cup of brown sugar add 1 tablespoon of butter. Stir over low fire until melted and boil for 1 minute. Then add ¼ cup of water and stir and cook until butterscotch is melted. Beat 2 egg yolks in top of small double boiler until light and gradually add the butterscotch syrup to the egg yolks. Beat and cook over hot water until very light and fluffy then place it in the refrigerator to chill. While the butterscotch is in the refrigerator beat ½ pint of cream until stiff, add a few grains of salt and flavor with 1½ teaspoons vanilla. Beat butterscotch mixture into whipped cream with a few turns of the egg beater. Place in mold and pack in salt and ice for three hours. If you have an electric refrigerator put the parfait in the refrigerator pan and set in the chilling unit to freeze for two or three hours.

Maple Parfait

To ¼ cup maple syrup add 1 tablespoon butter. Stir over low fire and let boil for 1 minute. Beat 2 egg yolks in top of small double boiler and gradually add the hot maple syrup. Beat and cook over hot water until very light and fluffy then pour the mixture over two egg whites which have been beaten stiff. Set in the refrigerator to chill. Beat ½ pint of cream until stiff, add a few grains of salt and 1 teaspoon of vanilla extract. Beat egg mixture into whipped cream and freeze for three hours. Decorate the top of the individual parfaits with bits of candied fruit arranged to form a design. For instance cut a candied cherry into eight parts and arrange the pieces in daisy design. Fill in the center with finely chopped green gage or angelica.

Zabaione

This is a delicious Italian dessert and is also known as Sabayon. The Italians serve it in a stemmed glass and as it is a very light and foamy dessert it is always eaten with a spoon. The French use it as a sauce for various puddings and cakes. It is delicious when poured over a brioche and served as a dessert. The real Italian recipe calls for yolks only but I like the French recipe better which calls for yolks and beaten whites. Put 8 egg yolks and 1 cup of sugar in the top part of a double boiler and whip with an egg beater until it becomes frothy. Do not have the boiling water in the lower part of double boiler touch the upper part, otherwise the egg yolks will cook instead of foaming. Now add ½ cup of sherry or Madeira wine and continue to beat until the sabayon is very light and begins to thicken . . . then remove it at once from the hot water and pour it into the beaten whites of 8 eggs, beating constantly until blended.

Baked Alaska

A solidly frozen brick or fancy form of ice cream is needed for this recipe. If you decide on the brick be sure that it contains no water ice. Cover a bread board or oven-plank with a piece of white paper. Place a thin layer of sponge cake on the paper and then place the ice cream on the sponge cake.

The sponge cake should extend about half an inch beyond the ice cream. Cover completely with a thick coating of meringue made by beating 4 egg whites and 6 tablespoons of sugar. This is enough meringue for one quart of ice cream. Brown quickly in a hot oven. Slip from paper onto a fancy serving plate and serve immediately.

Lemon Mousse

2 tablespoons cornstarch
1 cup milk
1 cup sugar
⅓ cup lemon juice
3 egg yolks
1 pint cream, whipped

Mix cornstarch with ¼ cup sugar. Add milk and cook in double boiler 15 minutes. Add egg yolks and remaining sugar and cook 1 minute. Add lemon juice and set aside till cold, then fold in whipped cream. Pack in salt and ice or if you have an electric refrigerator place the mousse right in the chilling unit and let stand 3 hours.

Peach Melba à la Marron

Pack vanilla ice cream in bottom of coupe glasses. Arrange one whole peach in each glass on top of ice cream. Pour one tablespoon of Melba sauce over each peach. Sprinkle with finely chopped pistachio nuts and top with one whole marron.

Marron Frappé

The small broken pieces of marrons may be used for this recipe. Rub 2 cups of marrons through a seive, add 1 cup of marron syrup and 1 pint of cream. Pour into ice cream freezer and pack with equal parts ice and salt. Freeze and serve in frappé glasses. Garnish with whipped cream and candied cherries.

CUSTARDS—PUDDINGS AND SAUCES

All custards are made from the same basic rule allowing one egg to every cup of milk plus flavoring and sugar. Various methods of cooking and combining ingredients will produce the different custards. If the whites and yolks of the eggs are separated and cooked over double boiler we get custard puddings or floating island.

Basic Baked Custard

Beat 4 eggs slightly and add ½ cup of sugar and ¼ teaspoon salt. Gradually add 1 quart of scalded milk and continue beating until thoroughly mixed. Pour into individual molds or large baking dish. Sprinkle grated nutmeg over the top and set in a pan of hot water. Bake in a moderate oven allowing 45 minutes for small molds and 1¼ hours for large baking dish.

Soft Custard

Follow above recipe for combining ingredients. Cook in double boiler stirring constantly till mixture coats the spoon. Strain and flavor with ½ teaspoon vanilla extract. If soft custard is cooked too long it will curdle. Should this happen place pan in cold water and restore it by beating with a dover egg beater until perfectly smooth. This custard is a complete dessert, but may also be used as a sauce for puddings or cake.

Caramel Custard

Heat ½ cup of sugar in a heavy iron frying pan until it has melted to a dark brown substance. Stir constantly to prevent sugar from burning. Add ¼ cup of boiling water and stir until dissolved. We now have caramelized sugar known as caramel. Put 1 tablespoon of caramel into each individual custard mold and pour the basic baked custard mixture slowly over it. Bake in a moderate oven for 45 minutes and when the custard is turned out there will be a coating of caramel sauce.

Floating Island

Arrange soft custard in individual glass dishes. Beat 2 egg whites until stiff and add 4 tablespoons of granulated sugar

and 2 tablespoons of strained lemon juice. Drop from tablespoon onto soft custard and decorate the top with currant or quince jelly.

Baked French Custard

Heat 1 pint thin cream in a double boiler. Beat 3 egg whites until stiff and add 3 tablespoons of sugar, a pinch of salt and ½ teaspoon of vanilla. Add beaten whites to cream and beat with an egg beater. Turn into buttered custard cups . . . set in a pan of hot water and bake in moderate oven until firm. Chill thoroughly. Remove from cups and serve with plain sweet cream or chocolate sauce.

Old Fashioned Rice Pudding

Wash ½ cup of rice in cold water and remove any discolored grains. Also wash ½ cup seedless raisins. Mix rice and raisins with 1 quart of milk, ½ cup of sugar, ¼ teaspoon salt and ¼ teaspoon mace. Pour into buttered pudding dish and bake 4 hours in a slow oven (250 degrees). Fold every twenty minutes during first hour of baking to prevent rice from settling on the bottom of the dish. It is important to use a casserole or pudding dish that will just hold its quantity—about 1 quart. Or in other words do not put a small pudding in a large dish, or the milk will evaporate too quickly and there will be quite a space between the top of the pudding and brim of dish. For appearances this is to be avoided.

Cottage Pudding

¼ cup butter
¾ cup sugar
1 egg
½ teaspoon vanilla
¼ teaspoon salt
½ cup milk
1½ cups pastry flour
2 teaspoons Calumet baking powder

Cream butter; add sugar gradually and stir in beaten egg. Add vanilla and salt then add milk alternately with flour which has been sifted with baking powder. Bake in buttered cake pan in moderate oven for 35 minutes. If indivual size is desired bake in cup cake pans for 20 minutes. Serve with sauce.

Soft Sauce

½ cup sugar
1 tablespoon cornstarch
⅛ teaspoon salt
1 cup water
1 tablespoon butter
1 teaspoon vanilla

Mix sugar, cornstarch and salt. Add water and cook until mixture thickens. Remove from fire, add butter and vanilla. Serve hot.

Creamy Lemon Sauce

¼ cup butter
½ cup powdered sugar
Grated rind ½ lemon
1 tablespoon lemon juice

Cream the butter, add sugar gradually while beating constantly. Then add grated lemon rind and drop by drop add the lemon juice. Heat over hot water, beat thoroughly and serve as a warm liquid sauce.

Orange Sabayon Sauce

2 egg yolks
¼ cup sugar
½ cup strained orange juice
½ cup orange pulp (free from seed and membrane)
⅓ cup hot water

Beat yolks until thick, add sugar, juice, pulp and hot water. Cook over hot water until thickened. Serve hot.

Apple Snow

Steam quartered apples until soft enough to rub through a seive. For every cup of apple pulp allow the whites of three eggs. Beat 3 egg whites stiff and fold in ½ cup of sugar, 1 tablespoon of strained lemon juice and 1 cup of apple pulp.

Pile lightly in a glass dish or individual glasses and serve with boiled custard. *Boiled Custard.* Beat 3 egg yolks slightly; add ¼ cup sugar and a pinch of salt. Add 2 cups of scalded milk very gradually and cook in a double boiler until the custard thickens. Stir it during the cooking to keep it perfectly smooth. Strain and flavor with ½ teaspoon vanilla and set aside to chill.

Pineapple Jelly

Soak 2 tablespoons of gelatine in ¼ cup of cold water for 5 minutes, then add 2 cups of boiling water and stir until dissolved, add ½ cup of sugar and when the sugar is dis-

solved add 1 cup of pineapple juice, 2 tablespoons strained lemon juice and two tablespoons strained orange juice. Pour into fancy molds (dip them in cold water first) and chill. Serve with whipped cream.

Dessert Waffles

Sift together 2 cups flour, 3 teaspoons Calumet baking powder, ½ teaspoon salt, a few gratings of nutmeg and 3 tablespoons of sugar. Add 1½ cups of milk gradually with 3 beaten egg yolks. Then add 4 tablespoons of melted butter and fold in 3 stiffly beaten egg whites. Have the waffle iron hot . . . brush over with melted butter and drop 1 tablespoon of batter in each section. Brown nicely on both sides and remove to hot plate and serve immediately. The following is a very delicious maple sugar sauce.

Maple Sugar Sauce

Break ½ pound of soft maple sugar into small pieces and place in a sauce pan with ¾ cup of heavy cream. Stir slowly until maple sugar is dissolved and boil gently for five or six minutes. Remove from fire and beat briskly for several minutes. Pour into warm pitcher and serve with the waffles. No butter is necessary with this sauce.

Fried Bananas, Cherry Sauce

Split the bananas in halves lengthwise. Roll them in finely pulverized stale macaroons and then in flour. Fry in deep hot oil until they acquire a good color. Drain, and brush carefully with apricot marmalade or apricot jam. Arrange the entire quantity on an attractive flat dish building from a wide base up to a point (pyramid shape). Dredge entire surface with freshly peeled and shredded pistachio nuts. The cherry sauce to be served separately.

Cherry Sauce

Melt 4 tablespoons of currant jelly in a saucepan and dilute it with one pint of syrup made as follows: Boil together for six minutes 1 cup of water and 1 cup of sugar. Add syrup to melted currant jelly. Wash ½ cup candied cherries in hot water and add to syrup mixture. This was one of the specialties of Rector's and I hope that you will like it. It was known as "Bananes Frites, aux Cerises."

Orange Custard

½ cup sugar
3 tablespoons cornstarch
Few grains salt
2 cups milk
2 egg yolks
½ teaspoon almond extract
3 oranges
⅓ cup sugar
2 egg whites

Mix together sugar, cornstarch and salt. Add milk and cook in top part of double boiler till thick . . . about 20 minutes. Add beaten egg yolks and cook 1 minute longer. Remove from fire and add almond extract. Cut oranges in half and carefully remove sections with a small sharp knife. Place diced orange in bottom of shallow baking dish. Pour custard over fruit and cover with meringue made by beating egg whites with ⅓ cup of sugar. Place in a moderate oven to brown. Serve cold.

Coffee Junket Delicious

1 package Coffee Junket Powder
1 pint milk
¼ cup chopped figs
¼ cup chopped nuts
¼ cup maraschino cherries, chopped

First prepare the fruit and nuts and put into the bottom of dessert glasses. Next, make the junket in the usual way and pour at once into the waiting dessert glasses and let stand in a warm room undisturbed until firm—about 20 minutes. When firmly set, remove, without jarring, to a cold place and leave until serving time. Serve with whipped cream.

Date Whip

Soak 1 tablespoon gelatine in ¼ cup cold water for 5 or 10 minutes; dissolve over hot water. Add ¼ cup lemon juice and fold mixture into 1 cup finely chopped dates. Set aside until thickness of molasses. Beat 4 egg whites stiff and fold in ½ cup sugar; then fold in date mixture. Turn into molds and chill. Serve with soft custard.

MEMORANDUM

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Special Junket Recipes

By MARY MASON

Director of Domestic Science Dept., The Junket Folks, Little Falls, N.Y.

Pineapple Vanilla Junket

1 package Vanilla Junket — 1 pint milk
1 cup grated pineapple

Pour juice off fruit, place pineapple in bottom of individual dessert glasses. Warm milk slowly until it is lukewarm. Remove from stove. Crush any lumps in the Junket, turn into the milk, stirring briskly. It will dissolve in one minute. Pour at once over the fruit, and let stand undisturbed in a warm room—about 20 minutes. When firmly set remove without jarring to a cold place.

Orange Junket With Bananas

1 package Orange Junket — 1 pint milk
bananas

Cut bananas in thin slices and place in bottom of dessert glasses. Warm milk slowly until it is lukewarm. Remove from stove. Crush any lumps in the Junket, turn into the milk, stirring briskly. It will dissolve in one minute. Pour at once over the bananas, and let stand undisturbed in a warm room—about 20 minutes. When firmly set remove without jarring to a cold place.

Chocolate Peach Junket

1 package Chocolate Junket — 1 pint milk
canned peaches

Drain juice off peaches and place one-half peach in bottom of each individual dessert glass. Warm milk slowly until it is lukewarm. Remove from stove. Crush any lumps in the Junket, turn into the milk, stirring briskly. It will dissolve in one minute. Pour at once over the peaches and let stand in a warm room undisturbed—about 20 minutes. When firmly set remove without jarring to a cold place. Top with whipped cream at serving time, if desired.

Vanilla Junket With Chocolate Sauce

1 package Vanilla Junket — 1 pint milk

Get individual dessert glasses ready. Warm milk slowly until it is lukewarm. Remove from stove. Crush any lumps in the Junket, turn into the milk, stirring briskly. It will dissolve in one minute. Pour at once into the dessert glasses. When firmly set, remove without jarring to a cold place. Top with chocolate sauce.

Chocolate Sauce

1½ Cups sugar
½ Cup water
¼ Cup water or rich milk
4 squares unsweetened chocolate
½ teaspoon vanilla

Let sugar and water boil in a saucepan for five minutes. Cool partly and gradually stir in the chocolate which has been melted over hot water. Add the vanilla. Place in a double boiler or in a pan over hot water until ready to serve. At the last moment, add the milk or water.

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